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There really is no such thing as overnight success, and if by chance you did come across it, its more the exception than the rule. Heres the thing - there is no hidden secret and there is no magic bullet. To achieve any goal thats worth. it, to have lasting success in anything, you have to put in the time and effort.

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The Habit Blueprint Summary January 6, 2017 April 10, 2019 Niklas Goeke Self Improvement 1-Sentence-Summary: The Habit Blueprint strips down behavior change to its very core, giving you the ultimate, research-backed recipe for cultivating the habits you desire, with plenty of backup steps you can take to maximize your chances of success.

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The 7-Day Self Discipline Blueprint: Habit Stacking for Beginners is your complete guide to understanding habit stacking and everything which it entails. Author Logan Hawkins has written The 7-Day Self Discipline Blueprint as book three in the 7-Day Self Discipline Blueprint Series, and this book focusses on how you achieve your goals in your personal and professional life.

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The Self-Discipline Blueprint is Solid Gold! I was privileged to read an advanced copy of The Self-Discipline Blueprint by Patrik e wisdom that there is no substitute for consistently showing up everyday and doing the work to achieve success is the largest take-away I got from the book but there is so much more that I learned.

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