



Color in a New Habit: Happiness (Paperback)

By Elizabeth Crooks

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Experts in health and fitness say to start your day off right with a good breakfast, proper hygiene and a little exercise.the physical stuff. But what about the mental stuff? The human mind is an incredibly powerful computer system, and we can use this power to our advantage with simple programming techniques. Depending on which expert you talk to, it takes anywhere from 10 to 30 days to wire in a new habit. Well, you have ten days. You have thirty days. The goal of this coloring book is to make positive, constructive habits familiar. We can reject what isn t familiar in our lives, even love and money. But you can make these things familiar by working to change your habits, or the automatic responses and beliefs you have about yourself and the way the world works. Your mind does what it thinks you want it to do. The mind listens to the language you use. It listens to your feelings. It doesn t care if what you tell it is right or wrong, good or bad. Seeing positive words...

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