

# HABIT BUILDING & DISCIPLINE WORKBOOK

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# Practice Workbook Habit Building Planner

**G Thomas**



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*The 4 Habits of Joy-Filled Marriages* Marcus Warner,Chris M. Coursey,2019-04-02 What separates happy marriages from miserable ones Surprisingly it s not healthy communication It s not conflict resolution skills It s actually the size of the marriage s joy gap Joy Gap joi gap n 1 The length of time between moments of shared joy When the joy gap gets bigger problems are more likely to overwhelm you resentment creeps in and you start to feel distant and alone in your marriage When the joy gap is smaller you regularly feel connected and happy problems feel manageable and your marriage becomes a reliable source of joy But how do you ensure that you re experiencing joy regularly Marcus Warner and Chris Coursey have studied relationships and neuroscience and discovered four habits that keep joy regular and problems small Some couples do them naturally but anyone can learn That s why each chapter includes 15 minute exercises that boost joy and re train your brain to make joy your default setting You ll learn new skills including how to return to joy more quickly after disconnection create stronger bonds and elongate times of happiness boost your enjoyment of physical and emotional intimacy Find out what your marriage looks like after a little work and a whole lot of joy

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bad habits Grounded in proven cognitive behavioral principles the book helps readers assess their habits and proceed to dismantle them 35 charts Oakland Public Schools; Superintendent's Bulletin Oakland (Calif.). Board of Education,1929

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*Journal of the Royal Institute of British Architects* Royal Institute of British Architects, 1925  
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