

HABIT BUILDING & DISCIPLINE WORKBOOK

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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? Habits are actions that we repeat regularly, often without thinking about them. They can be good or bad, and they can have a significant impact on our lives. Understanding habits is the first step in building good ones and breaking bad ones.

Why do we have habits? Habits are formed through a process called habit formation. This process involves repeating an action over and over again, which creates a neural pathway in our brain. The more we repeat an action, the stronger the neural pathway becomes, and the more automatic the action becomes.

How do habits affect us? Habits can have a profound impact on our lives. Good habits can help us achieve our goals, improve our health, and increase our productivity. Bad habits, on the other hand, can hinder our progress, harm our health, and waste our time.

What are the benefits of understanding habits? Understanding habits allows us to take control of our lives. We can identify our bad habits and work to replace them with good ones. We can also identify our good habits and work to strengthen them. This knowledge is essential for personal growth and success.

Conclusion

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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 *Saunders*

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for People with Diabetes features more than 60 photographs of models performing the specific exercises in the book Most of these exercises use very simple equipment a sturdy chair some hand weights and some elastic bands

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