



Mini Habits: Smaller Habits, Bigger Results

Stephen Guise

Download now

[Click here](#) if your download doesn't start automatically

Mini Habits: Smaller Habits, Bigger Results

Stephen Guise

Mini Habits: Smaller Habits, Bigger Results Stephen Guise

Lasting Change For Early Quitters, Burnouts, The Unmotivated, And Everyone Else Too

When I decided to start exercising consistently 10 years ago, this is what *actually* happened:

- I tried "getting motivated." It worked sometimes.
- I tried setting audacious big goals. I almost always failed them.
- I tried to make changes last. They didn't.

Like most people who try to change and fail, I assumed that *I* was the problem.

Then one afternoon--after another failed attempt to get motivated to exercise--I (accidentally) started my first mini habit. I initially committed to do one push-up, and it turned into a full workout. I was shocked. This "stupid idea" wasn't supposed to work. I was shocked again when my success with this strategy continued for months (and to this day). *I had to consider that maybe I wasn't the problem in those 10 years of mediocre results. Maybe it was my prior strategies that were ineffective, despite being oft-repeated as "the way to change" in countless books and blogs.*

I was right.

Is There A Scientific Explanation For This?

As I sought understanding, I found a plethora of scientific studies that had answers, with nobody to interpret them correctly. Based on the science--which you'll find peppered throughout *Mini Habits*--we've been doing it all wrong.

You *can* succeed without the guilt, intimidation, and repeated failure associated with such strategies as "getting motivated," New Year's Resolutions, or even "just doing it." In fact, you need to stop using those strategies if they aren't giving you great results. They don't work because they all require you to fight against your subconscious brain (a fight not easily won). It's only when you start playing by your brain's rules and taking your human limitations seriously--as mini habits show you how to do--that you can achieve lasting change.

What's A Mini Habit?

A mini habit is a very small positive behavior that you force yourself to do every day; its "too small to fail" nature makes it weightless, deceptively powerful, and a superior habit-building strategy. You will have no choice but to believe in yourself when you're always moving forward. The barrier to the first step is so low that even depressed or "stuck" people can find early success and begin to reverse their lives right away. And if you think one push-up a day is too small to matter, I've got one heck of a story for you!

Aim For The First Step

They say when you aim for the moon, you'll land among the stars. Well, that doesn't make sense, as the moon is closer than the stars. I digress. The message is that you should aim very high and even if you fall short, you'll still get somewhere. I've found the opposite to be true in regards to productivity and healthy

behaviors. When you aim for the moon, you'll won't shoot because it's too far away. But when you aim for the step in front of you, you might just keep going and reach the moon.

I've used the Mini Habits strategy to get into the best shape of my life, read 10x more books, and write 4x as many words. It started from requiring one push-up from myself every day. How ridiculous is that? Not so ridiculous when you consider the science of the brain, habits, and willpower. The *Mini Habits* system works because it's how our brains are designed to change.

I relished the opportunity to share this life-changing strategy with the world. I loved writing *Mini Habits*. You'll see my passion in the content as well as the overall quality and presentation of the book.

Note: This book isn't for eliminating bad habits (though some principles could be useful for breaking habits). Mini Habits is a strategy to create permanent healthy habits. Some categories include: exercise, writing, reading, thinking positively, meditating, drinking water, eating healthy foods, etc.

Book sample note: The "look inside" Amazon preview lacks the cleanly spaced formatting of the actual Mini Habits book.

 [Download Mini Habits: Smaller Habits, Bigger Results ...pdf](#)

 [Read Online Mini Habits: Smaller Habits, Bigger Results ...pdf](#)

Download and Read Free Online Mini Habits: Smaller Habits, Bigger Results Stephen Guise

From reader reviews:

Jason Villalobos:

The book Mini Habits: Smaller Habits, Bigger Results gives you the sense of being enjoy for your spare time. You can utilize to make your capable a lot more increase. Book can to get your best friend when you getting tension or having big problem along with your subject. If you can make looking at a book Mini Habits: Smaller Habits, Bigger Results for being your habit, you can get much more advantages, like add your own personal capable, increase your knowledge about some or all subjects. You may know everything if you like wide open and read a e-book Mini Habits: Smaller Habits, Bigger Results. Kinds of book are several. It means that, science publication or encyclopedia or other folks. So , how do you think about this reserve?

Richard Pease:

Information is provisions for anyone to get better life, information presently can get by anyone from everywhere. The information can be a knowledge or any news even a problem. What people must be consider if those information which is inside former life are challenging be find than now's taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you have the unstable resource then you have it as your main information we will see huge disadvantage for you. All those possibilities will not happen inside you if you take Mini Habits: Smaller Habits, Bigger Results as your daily resource information.

Micheal Mata:

A lot of people always spent their own free time to vacation or maybe go to the outside with them household or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or playing video games all day long. In order to try to find a new activity that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent 24 hours a day to reading a publication. The book Mini Habits: Smaller Habits, Bigger Results it is rather good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. In case you did not have enough space bringing this book you can buy the actual e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to fund but this book offers high quality.

Brooke Callender:

Reading a e-book make you to get more knowledge from it. You can take knowledge and information coming from a book. Book is created or printed or descriptive from each source that will filled update of news. In this modern era like currently, many ways to get information are available for you actually. From media social similar to newspaper, magazines, science publication, encyclopedia, reference book, new and comic. You can add your understanding by that book. Ready to spend your spare time to spread out your book? Or just in search of the Mini Habits: Smaller Habits, Bigger Results when you required it?

Download and Read Online Mini Habits: Smaller Habits, Bigger Results Stephen Guise #MKNDRUF6T5

Read Mini Habits: Smaller Habits, Bigger Results by Stephen Guise for online ebook

Mini Habits: Smaller Habits, Bigger Results by Stephen Guise Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Mini Habits: Smaller Habits, Bigger Results by Stephen Guise books to read online.

Online Mini Habits: Smaller Habits, Bigger Results by Stephen Guise ebook PDF download

Mini Habits: Smaller Habits, Bigger Results by Stephen Guise Doc

Mini Habits: Smaller Habits, Bigger Results by Stephen Guise Mobipocket

Mini Habits: Smaller Habits, Bigger Results by Stephen Guise EPub