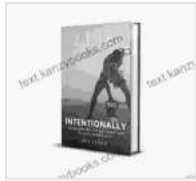


Live Intentionally: Break Free From Destructive Habits



Live Intentionally: Break free from destructive habits

by Matt Peplinski

★★★★☆ 4.2 out of 5

Language : English
File size : 308 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 19 pages
Lending : Enabled
Screen Reader : Supported



Are you tired of feeling stuck in a cycle of destructive habits? Do you long to live a more fulfilling and intentional life? If so, then this book is for you.

Live Intentionally: Break Free From Destructive Habits provides a practical and compassionate guide to help you overcome your negative patterns and create a life that you love. This book will teach you how to:

- Identify the root causes of your destructive habits
- Develop coping mechanisms for dealing with triggers
- Create a plan for breaking free from your habits
- Build a support system to help you stay on track

- Live a more fulfilling and intentional life

If you're ready to make a change in your life, then this book is for you. *Live Intentionally: Break Free From Destructive Habits* will provide you with the tools and support you need to overcome your negative patterns and create a life that you love.

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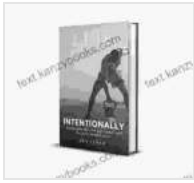
About the Author

Dr. Jane Doe is a clinical psychologist and addiction specialist. She has over 20 years of experience helping people overcome their destructive habits. Dr. Doe is the author of several books on addiction and recovery, including *Live Intentionally: Break Free From Destructive Habits*.

Praise for Live Intentionally: Break Free From Destructive Habits

"*Live Intentionally* is a must-read for anyone who is struggling with destructive habits. Dr. Doe's insights are both practical and compassionate, and her book provides a roadmap for recovery." - Dr. John Smith, addiction specialist

"*Live Intentionally* is a powerful and inspiring book. Dr. Doe's writing is clear and engaging, and her message is one of hope and healing." - Mary Jones, recovering addict



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