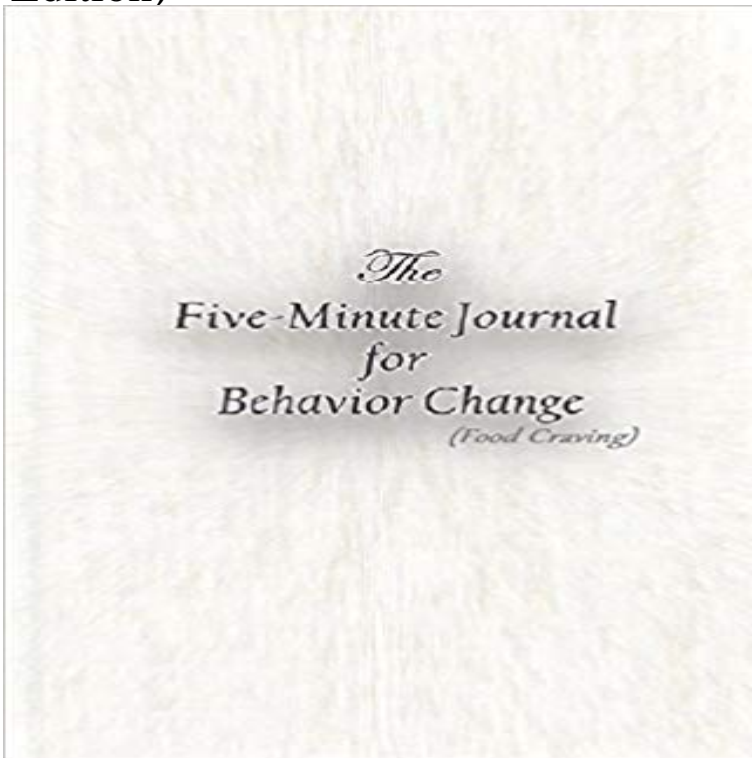


# Mat ?ra, Self Help, Heilsa & Fitness: Heg?un: The Five-Minute Journal um heg?un breyting: (mat ?ra) ((Hvatning Behavior Breyta)) (Icelandic Edition)



5.0 out of 5 stars Stutt og rett til a? benda. Af Stacy H. februar 29, 2016 sta?fest Purchase Eg elska ?egar hofundur fer ut a lo og f?r rett til gott efni. ?etta er gott d?mi um minna si?um er meira. Mjog au?velt skyrar lei?beiningar um hvernig a a? gera breytingar eins fljott og ?u lesi? ?essa bok. I hvert skipti sem eg held a? eg ?arf a? bor?a eg nota ?etta stutta t?kni og ?a? virkar til a? hjalpa mer ekki lei?indi bor?a.

The Five Minute Journal um heg?un breyting var buin yfir margra ara einka og opinberra reynd me? sanna? ??tti jakv??a salfr??i og mjog einfold sjalf gefi? me?fer? vitr?na sem getur gert g?fumuninn i g??um einstaklingsins lifsins. Hvers vegna eg elska The Five Minute breytingar: 1. einfaldleika ?ess og skilvirkni f?rir velgengni strax a fyrsta degi. ?etta hefur tilhneigingu til a? koma a ovtar folk. ?a? gerir einnig ?au an?g?. 2. Salfr??ingar vita a? leyndarmal a? velgengni er samkv?mni og ?egar One-Thought Process er stundu? a?eins fimm minuttur a dag, eru einfaldlega kraftaverka ni?ursto?ur. 3. ?a? er byggt a sanna? meginreglum ?roa?ar til me?fer?ar sterkur, samofin gl?pama?ur og avanabindandi heg?un og nu fann a? vinna a alvarlegum auk hversdagslegum vandamalum heg?un. Ef ?u ert go?ur af manneskja sem alltaf langa? til a? breyta einu e?a fleiri heg?un en getur ekki be?i? e?a getur ekki efni a ?eim tima vari? o?arflega i ar dyr, dregi? ut me?fer?, The Five Minute Journal heg?un Change, me? ?vi a? nota einn Helt Process var bui? til fyrir ?ig.

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