



# Motivate Healthy Habits: Stepping Stones to Lasting Change

*Rick Botelho*

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## **Motivate Healthy Habits: Stepping Stones to Lasting Change** Rick Botelho

Do you think you should change but don't really feel like it? To break unhealthy habits for good, lower your emotional resistance before developing effective motivation. This guidebook will help you go beyond SURFACE CHANGE (gaining knowledge, declaring good intentions and setting goals) to DEEP CHANGE (exploring your feelings, views, motives and values

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