



**Breaking Bad Habits: 11 Steps to Freedom  
(addiction, food addiction, sugar addiction,  
gambling addiction, addiction recovery, habits,  
breaking bad habits)**

*Martin Formato*

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**\*\*\* FREE BONUS INSIDE \*\*\***

**Make today the day you take control of your life by FINALLY BREAKING YOUR BAD HABIT.**

Who is this book for? Do you have a bad habit? Have you tried to break it before and failed? Do you realize that your bad habit is holding you back and causing you pain? Then this book is for you! I am going to share with you the MOST EFFECTIVE STRATEGY for breaking your bad habit so you can FINALLY BE FREE AND HAPPY! What will this book teach you? This book is different to others! It doesn't just contain generic advice that we all already know, but instead a strategy that actually works! A strategy that will help you BREAK YOUR BAD HABIT ONCE AND FOR ALL! This strategy is simple and you can start applying it today. This book will also teach you the 4 things that cause bad habits to re-surface and how to avoid them. If you are serious about changing your life for the better then grab this book.

Here Is A Preview Of What You Will Learn...

- Introduction
- What is a bad habit?
- Examples of bad habits
- The 3 things that cause habits to form
- How our brain works
- The 11 steps to breaking any bad habit
- How your environment affects you
- 47 ways to reduce stress
- Summary
- Bonus #1: FREE book "Find Your Gift, Passion and Purpose"
- And much, much more!

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