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Thirty-day challenges are the perfect way to develop new habits and get started living a better, fuller life. This book features over 60 ideas to boost creativity, achieve fitness goals, increase productivity, improve relationships and more.

Chapter 3 : The Big Book of Day Challenges - Rosanna Casper - Ä,Änikirja - BookBeat

The Big Book of Day Challenges: 60 Habit-Forming Programs to Live an Infinitely Better Life by Rosanna Casper Do something for 30 days straight and what started as a challenge will have transformed into a habit - a habit that can then easily be made a permanent part of one's lifestyle.

Chapter 4 : 30 Challenges - 30 Days - Zero Excuses | 30 Day Challenge

day challenges have been part of my life for the past 3 1/2 years. I've tinkered, explored, learned, abstained, struggled, experimented, made and practiced.

Chapter 5 : The Big Book of Day Challenges: 60 Habit-Forming Programs to Live an by Sanchez - Issuu

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