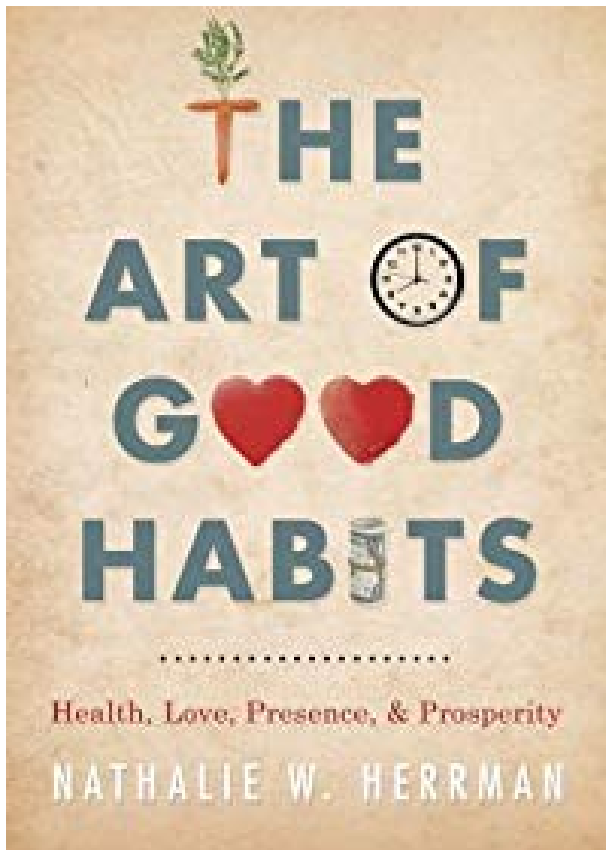


The Art of Good Habits: Health, Love, Presence, and Prosperity



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Take ownership of your happiness through simple but effective changes to the way you approach health, love, presence, and prosperity.

The Art of Good Habits presents a step-by-step action plan to achieve your goals and maintain them for continued success. Join Nathalie W. Herrman on a life-changing journey toward wellness and satisfaction using this remarkable book as your road map.

Gain empowerment and control over life's challenges with effective exercises and easy-to-understand principles. Discover how to look within yourself for answers and change your habits for the better. With this book's four-pillar system--honesty, willingness, awareness, and appreciation--you'll unlock the power of enlightened living. Praise: "A brilliant and comprehensive handbook . . . [with] viable solutions for our health, wealth, and overall physical, emotional, and spiritual well being."--Lynne Joy McFarland, bestselling author of 21st Century Leadership and film producer of The Time is Now "This book is an incredible value for anyone who wants to make positive habit changes in their lives."--Steve Scott, author of 23 Anti-Procrastination Habits