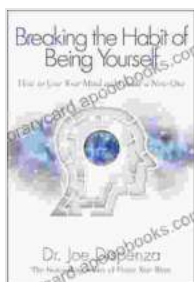


# Break the Habit of Being Yourself

## Unlock Your Potential and Create the Life You Want

Are you tired of feeling like you're stuck in a rut? Do you feel like you're not living up to your full potential? If so, then it's time to break the habit of being yourself.

Dr. Joe Dispenza, author of the bestselling book *Breaking the Habit of Being Yourself*, has spent years studying the science of change. He has discovered that we are all capable of changing our habits, our thoughts, and our lives.



## Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One by Joe Dispenza

★★★★☆ 4.7 out of 5

Language : English  
File size : 6601 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 370 pages



In *Breaking the Habit of Being Yourself*, Dr. Dispenza provides a step-by-step guide to help you break the habits that are holding you back and create a life that you love. He shares powerful insights into the nature of the mind and body, and he offers practical exercises that will help you to:

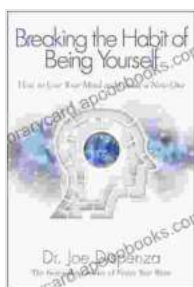
- Identify the habits that are holding you back
- Change your thoughts and beliefs
- Reprogram your subconscious mind
- Create new habits that will support your goals

If you're ready to make a change in your life, then *Breaking the Habit of Being Yourself* is the book for you. Dr. Dispenza's insights and exercises will help you to break the habits that are holding you back and create the life that you want.

Free Download your copy of *Breaking the Habit of Being Yourself* today

## About the Author

Dr. Joe Dispenza is a neuroscientist, chiropractor, and author of several books, including the bestselling *Breaking the Habit of Being Yourself*. He has spent years studying the science of change and has developed a unique approach to helping people to change their lives.



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