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# Habit Stacking: 97 Small Life Changes That Take Five Minutes Or Less



## Synopsis

**DISCOVER::** How to Add DOZENS of Positive Changes to Your Daily Routine  
Want to improve your life, but don't have enough time? Right now you could easily think of a dozen ways to instantly improve your life. Odds are, these ideas will only take a few minutes apiece to complete. The problem? You might feel like there's not enough time to do all of them. One solution can be found using the power of "habit stacking."  
**One Routine + Multiple Habits = Habit Stacking**  
We all know it's not easy to add dozens of new habits to your day. But what you might not realize is it's fairly easy to build a single new routine. The essence of habit stacking is to take a series of small changes (like eating a piece of fruit or sending a loving text message to your significant other) and build a ritual that you follow on a daily basis. Habit stacking works because you eliminate the stress of trying to change too many things at once. Your goal is to simply focus on a single routine that only takes about 15 to 30 minutes to complete. Within this routine is a series of actions (or small changes). All you have to do is to create a checklist and follow it every single day. That's the essence of habit stacking.

**LEARN:** 97 Small Habits that Can Change Your Life  
In the book "Habit Stacking: 97 Small Life Changes That Take Five Minutes Or Less," you will discover 97 quick habits that can instantly improve your life. Plus you'll discover how to create a simple routine (managed by a checklist) that you repeat on a daily basis. Even better, you'll discover a few tools that will keep you motivated and consistent. So even if you're completely stressed out, you'll still find the time and energy to complete these actions on a consistent basis. By completing dozens of small habits on a daily basis, you'll be able to make giant leaps forward in your business, strengthen your personal relationships, stay on top of your finances, get organized and improve your health.

**DOWNLOAD::** Habit Stacking: 97 Small Life Changes That Take Five Minutes Or Less  
"Habit Stacking" contains a catalog of ideas you can use to take action in your life. You will learn:

- How Habit Stacking Helps You Add MULTIPLE Small Changes
- 8 Elements of a Habit Stacking Routine
- Two Examples of a Habit Stacking Routine
- 8 Steps for Building a Habit Stacking Routine
- Productivity Small Changes (#1 to #17)
- Relationships Small Changes (#18 to #31)
- Finances Small Changes (#32 to #44)
- Organization Small Changes (#45 to #60)
- Spirituality & Mental Wellbeing Small Changes (#61 to #84)
- Health & Physical Fitness Small Changes (#76 to #85)
- Leisure (Small Changes #86 to #97)
- Habit Stacking Disruptions and Challenges: What to Do!

It is to add multiple changes to your life all at once. All you need to do is to add habit stacking routines to your day.

**Would You Like To Know More?** Download and start building powerful habits into your day. Scroll to the top of the page and select the buy button.

## Book Information

File Size: 2664 KB

Print Length: 130 pages

Simultaneous Device Usage: Unlimited

Publisher: Oldtown Publishing LLC (May 26, 2014)

Publication Date: May 26, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00JQHB67O

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #5,584 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Self-Esteem #17 in Kindle Store > Kindle eBooks > Business & Money > Entrepreneurship & Small Business > Entrepreneurship #29 in Books > Self-Help > Self-Esteem

## Customer Reviews

I must admit I bought this book because of the good reviews. I am very much a "I can always improve" or "do it better" kinda girl so I look for inspiration in books, blogs, audio etc. So I hungrily bought the 9 Small Life Changes....Now that I have read it....I am ANGRY. What a waste of money!! I found most of the book how to make these small changes pretty basic stuff. If it was a 99 cent book I wouldn't complain, but I found most of the habits common knowledge items. Here are 5 of Mr. Scott's "small life changes" for example: #55 Collect Dirty Laundry #69 Practice Simple Grooming #84 Brush your Tongue #85 Microwave your Sponge You get the idea. BLUF The author got my \$7 don't let him take yours.....

You could improve your life greatly with a few small changes. I like that. For most people, even if they dream of BIG changes, it proves too difficult to accomplish. For instance many people try a diet and fail, whereas just by adding vegetables to start their meal, they could accomplish some significant progress. I strongly believe in that. A friend of mine says that a farmer who carries his

newborn calf every day can still carry it six months later. On the other hand, the book lists things we can do in a way that is not convincing, mostly because the choices proposed by the author are a bit dull and the amount of time he allows for each activity does not sound right. The sum of what the author proposes (the 97 ideas) would already take you over eight hours a day. I hope there will be a second edition, with more research, interviews, and more interesting ideas, because on the bottom line, habits are the stuff that we are made of.

This "book" is essentially just a long list of one-page ideas to improve your life. The "habits" begin on page 27, and end on page 102. The book itself is just 125 pages, making each of the "habits" about one page long each. I was expecting a bit more than obvious things like: #1 Drink a large glass of water #7 Remove distractions before working #18 Return calls and text messages ("Check for missed calls first. Return your calls in the order they were received. Apologize for missing the call.") #34 Put loose change in a jar #46 Make your bed #51 Throw something away #69 Practice simple grooming ("Men should groom their facial hair or apply cologne if desired") #82 Eat nutritious foods #86 Go outside. Scott admits at the end of the book that most of the things in the book are things we've all heard millions of times before, and that's correct... Which is why I was hoping there would have been a bit more meat to his book than single-page ideas which are more or less common sense. If you've ever said to yourself "I wish I could read a buzzfeed list in a printed book without the gifs" this is the book for you. Otherwise... Instead of spending the time reading this book, spend the time doing one of those common sense things you know you should do.

I really liked this book. I originally bought the eBook from , but was having a hard time sitting down and reading it because of my busy schedule. I decided to purchase the audio version too and I'm glad I did. Now I have both versions and can refer to the written version and highlight the most important parts. This book gives me things I can do RIGHT NOW to improve my life and increase my income. I learned who to create ... 1) a morning routine 2) a production routine 3) a bedtime routine. I've had each of the above three somewhat in place on my own in the past but I've never been consistent. I work from home and get very frustrated with interruptions and low production on my end. I realized that I need to put much more discipline into my life if I want to reach my goals. S. J. Scott is a "down to earth" "in the trenches" kinda guy. He knows what it's like working from home and what it takes to be successful.

A very easy read with some GREAT reminders and some new ideas. Sometimes we "know" what

we should do, but lack the motivation or organization skills to make the plan and set it in motion. This book helps with that. Definitely lists some things you probably already do, but has some easy, quick ways to implement some more that will definitely enrich your world. Making an action a "habit" takes focus in the beginning. This book gives an outline and a plan, even listing pitfalls, to make some positive life habits in your life. I look forward to implementing what I learned and what I was reminded of! Thanks!

Found very little useful information in this. It basically tells you "if you're more efficient with your time and plan things, your day will go smoother." Which, if you need that kind of guidance, helps.

The stacking concept sounds great but will only work if you are a highly organized person already. The read is fast but that is mainly because there is no real content. If you need a list of possibly useful habits there is a list of them here, not a great list, but there is one. Your best bet is probably to skip this one all together and spend the time it takes to read this book researching the reviews of other books.

the ideas here are not revolutionary. but we also need some simple ideas to simplify our lives and achieve our goals with everyday routine activities, without thinking too much. This book has 97 mini habits most of which would appeal to a majority. besides providing this checklist as a starting set of good coverage, the author also suggests ways of gaining a bunch of good habits without too much effort and in a long term manner. I have not yet tested the habit forming suggestion but am in the process. As I do believe small changes can make large impact.

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Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits) Habit 7  
Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature) Habit 1 Be  
Proactive: The Habit of Choice (The 7 Habits) Habit 4 Think Win-Win: The Habit of Mutual Benefit (7  
Habits of Highly Effective People Signature) Habit 3 Put First Things First: The Habit of Integrity and  
Execution (7 Habits of Highly Effective People Signature) Habit 2 Begin With the End in Mind: The  
Habit of Vision (7 Habits of Highly Effective People) Habit 6 Synergize: The Habit of Creative  
Cooperation (7 Habits of Highly Effective People Signature) Natural Meals In Minutes - High-Fiber,  
Low-Fat Meatless Storage Meals-in 30 Minutes or Less! Low Carb: In 20 Minutes - Over 60 Easy  
One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low  
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