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By JOYCE MEYER

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From nail biting to cell phone addiction, procrastination to overspending, bad habits seem to outnumber the good ones. Unfortunately, we pay a price for bad habits that outweighs the immediate gratification that they bring. In this audiobook, Joyce Meyer starts by examining the nature of habits. The first habit - and most important one to have - is the God Habit. By making it a habit to start your day by reading the Bible and communing with God, asking for His help in your efforts and His strength and sustenance, the stage is set for overcoming the habits you want to break and establishing new ones in their place. She then explores how to break bad habits by examining the destructive negative behavior patterns.

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- Sales Rank: #4591276 in Books
- Published on: 2013
- Binding: CD-ROM

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