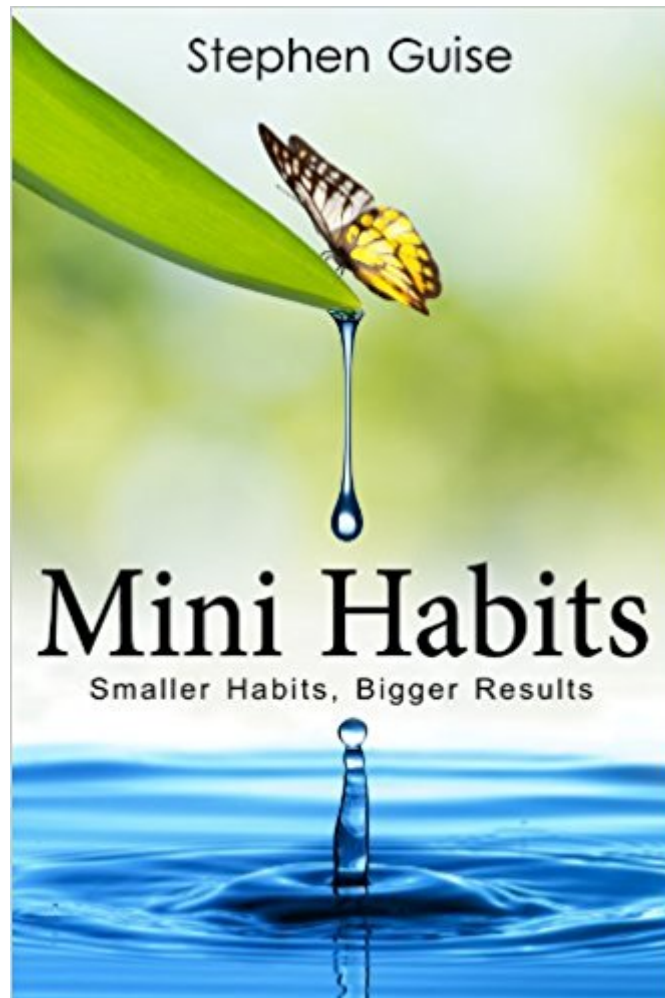




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Mini Habits: Smaller Habits, Bigger Results



Synopsis

A Worldwide Bestseller in 17 Languages! UPDATED: Includes the best habit tracking apps of 2017.

Ã Ä Ã Ä Ã Ä Ã Ä Ã Ä Ã Ä Ã Ä Ã Ä Lasting Change For Early Quitters, Burnouts, The Unmotivated, And Everyone Else Too

When I decided to start exercising consistently 10 years ago, this is what actually happened: I tried "getting motivated." It worked sometimes. I tried setting audacious big goals. I almost always failed them. I tried to make changes last. They didn't. Like most people who try to change and fail, I assumed that I was the problem. Then one afternoon--after another failed attempt to get motivated to exercise--I (accidentally) started my first mini habit. I initially committed to do one push-up, and it turned into a full workout. I was shocked. This "stupid idea" wasn't supposed to work. I was shocked again when my success with this strategy continued for months (and to this day). I had to consider that maybe I wasn't the problem in those 10 years of mediocre results. Maybe it was my prior strategies that were ineffective, despite being oft-repeated as "the way to change" in countless books and blogs. I was right.

Is There A Scientific Explanation For This? As I sought understanding, I found a plethora of scientific studies that had answers, with nobody to interpret them correctly. Based on the science--which you'll find peppered throughout Mini Habits--we've been doing it all wrong. You can succeed without the guilt, intimidation, and repeated failure associated with such strategies as "getting motivated," New Year's Resolutions, or even "just doing it." In fact, you need to stop using those strategies if they aren't giving you great results. They don't work because they all require you to fight against your subconscious brain (a fight not easily won). It's only when you start playing by your brain's rules and taking your human limitations seriously--as mini habits show you how to do--that you can achieve lasting change.

What's A Mini Habit? A mini habit is a very small positive behavior that you force yourself to do every day; its "too small to fail" nature makes it weightless, deceptively powerful, and a superior habit-building strategy. You will have no choice but to believe in yourself when you're always moving forward. The barrier to the first step is so low that even depressed or "stuck" people can find early success and begin to reverse their lives right away. And if you think one push-up a day is too small to matter, I've got one heck of a story for you!

Aim For The First Step They say when you aim for the moon, you'll land among the stars. Well, that doesn't make sense, as the moon is closer than the stars. I digress. The message is that you should aim very high and even if you fall short, you'll still get somewhere. I've found the opposite to be true in regards to productivity and healthy behaviors. When you aim for the moon, you'll won't shoot because it's too far away. But when you aim for the step in front of you, you might just keep

going and reach the moon. I've used the Mini Habits strategy to get into the best shape of my life, read 10x more books, and write 4x as many words. It started from requiring one push-up from myself every day. How ridiculous is that? Not so ridiculous when you consider the science of the brain, habits, and willpower. The Mini Habits system works because it's how our brains are designed to change. I relished the opportunity to share this life-changing strategy with the world. I loved writing Mini Habits. You'll see my passion in the content as well as the overall quality and presentation of the book. Note: This book isn't for eliminating bad habits (though some principles could be useful for breaking habits). Mini Habits is a strategy to create permanent healthy habits. Some categories include: exercise, writing, reading, thinking positively, meditating, drinking water, eating healthy foods, etc. ã ã ã ã ã ã ã ã ã ã ã ã ã

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Customer Reviews

I'm a chronic procrastinator. I'm consistently pinned to my chair, half laying in it and mumbling about not being able to do anything. If I even think about doing something I really want to do, I have a difficult time raising just my hand. I'm an expert at not doing anything, and wasting time. I always

thought big, too big. Even other time wasters were difficult to do, like playing games or watching tv shows. In a way, life was a cage where all the fun stuff I want to do was just outside my hand's reach. Mini habits gave me the key to unlock that cage. I started simple, 1 push up a day. 1 minute walking outside. Read 1 page a day. 24 days have passed since I've started (I read the blog first of all, that's how I've learnt the concept). Everyday a success. My 1 push up is still growing, but I've consistently do bonus reps. My "read 1 page a day" has resulted in completing 7 books in roughly 3 weeks. My 1 minute walk outside changed into me conquering my fear of darkness which has been with me my entire life. I go out twice now for two walks, and I run back from them. Once when it's still light and once in the dark. My fear of dark has completely gone, I feel like I'm a completely different person now. I'm proud of my self. And all this from just walking outside for 1 minute. Mini habits will teach you what you need to know to get along with your brain, and leverage the power of habits. It'll tell you how to get there step by step. Understanding is key here, because it's easy to make a blunder, like increasing your requirements when they should stay "stupid small". The book has everything you need. It'll give you the science, and help you along your first steps. Once you know what you're doing, you'll have no trouble growing on your own. Like they say: Give a man a fish, you feed him for a day. Teach a man to fish, you feed him for a lifetime. This book will teach you how to fish.

141 days ago my BFF recommended that I read Mini Habits. We are both self-help book junkies, and call each other saying "Girl this book will change your life." But it never does until Mini Habits. I picked 5 mini habits: meditate for 20 minutes daily, one yoga pose per day, draw one line per day, write 50 words, swim 400 meters and read 2 pages per day. I have always wanted to be an artist and writer. I understood that it takes practice. Now, after 141 days I have the integrity to call myself an artist, visual storyteller and writer. I've also kept up with the other mini habits too. Mini habits allow you to gradually become the person you want to be and to back your passion with everyday discipline. This book CHANGED MY LIFE. I wrote a blog post on my blog [hollinscreativesolutions](#). Read the book, take silly, tiny steps and CHANGE YOUR LIFE.

I chose 5 stars because the premise of this book gives me hope that I can change my lazy, procrastinating ways and seriously improve my life, one teeny tiny minihabit at a time! I purchased this book on January 4, 2014 and already have three minihabits in place. The book was written in a way that made it easy to comprehend and I finished in a day or two. Now I meet my minihabit requirement every day (1 push up, 5 strokes brushing my dog, read 2 pages of a book), but I usually

surpass the requirements because they're so ridiculously simple, I'm doing more without even thinking about it, BUT I DON'T HAVE TO! That's the key! The habit of "taking that required action" every day is getting established. And it gets easier and easier as my mind is being "trained" in this direction. I'm also discovering that I'm more likely to do a "non scheduled" chore by suggesting to myself that I only have to do it for one minute.. and sure enough, I'm up and at it and usually end up completing the whole thing because I didn't go into it feeling the pressure I HAD to finish. I'm excited to see my life changing right before my eyes. I highly recommend it to anyone who wants to improve the quality of his/her life. Great job Stephen!

As an avid reader of psychology and philosophy, I occasionally discover a book that's a real gem. One of these is "Mini Habits" -- simple, elegant, and powerful. Guise, however, didn't invent the Mini Habits approach. It has a respectable tradition in psychology. Esteemed psychologist Albert Ellis taught essentially the same technique, which he called "The Five-Minute Plan" (time-based Mini Habits), or "The Bits-and-Pieces Approach" (task-based Mini Habits). Popular Harvard instructor Tal Ben-Shahar, Ph.D., calls the approach "The Five-Minute Takeoff" and said that it's the single most important technique to emerge from research on procrastination. Finally, a generalized form of Mini Habits is known as Kaizen and is the core philosophy of Toyota Motor Corporation and many successful individuals. Mini Habits can be made even more powerful if we track the "chain" or "streak" of days on which we complete all our Mini Habits. Our reluctance to break the chain forms a second level of motivation to help us establish our desired habits. This technique has been used and popularized by comedian Jerry Seinfeld. In my enthusiasm for the Mini Habits approach I recently created a free iPhone app called "Mini Steps: End Procrastination, Build Good Habits." The app essentially combines Mini Habits with chains/streaks. Creating the app forced me to resolve any ambiguities in the technique and to make it totally usable and practical. I'd love to hear your feedback on the app.

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