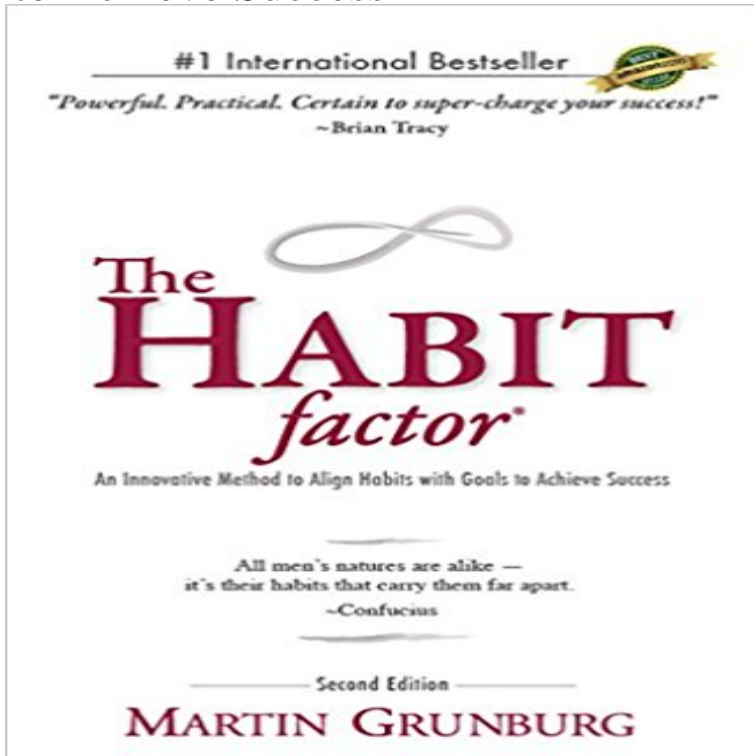


# The Habit Factor®: An Innovative Method to Align Habits with Goals to Achieve Success



At the intersection of Science, Philosophy, Personal Achievement & Spirituality lies The Habit Factor®, an innovative and proven methodology to realize meaningful and significant goals helping you to create your ideal future -- your success. Everyone desires to achieve their goals and realize success, yet few do. The Habit Factor® encapsulates nearly 3,000 years of philosophy and success literature to reveal the most elemental and profound truth governing all personal achievement: HABIT is the single-greatest determinant in a persons ability to realize a life of success and achievement. For the first time ever, The Habit Factor® reveals its proven step-by-step methodology -- a process that has received acclaim from top success coaches, personal trainers and PhDs around the world. This book takes the reader on a mind-bending adventure of insight and application to explore the deepest mysteries of habit. Questions never before asked, or answered, are tackled within these pages, and you are certain to come out the other side awakened, empowered and transformed. Very Special Foreword by Roz Savage the first woman to row across both the Atlantic and Pacific oceans.

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