



# Mini Habits: Smaller Habits, Bigger Results (Volume 1)

By Stephen Guise



**Mini Habits: Smaller Habits, Bigger Results (Volume 1)** By Stephen Guise

**A Worldwide Bestseller in 17 Languages!**

UPDATED: Includes the best habit tracking apps of 2017.

## **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.

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### **Mini Habits: Smaller Habits, Bigger Results (Volume 1) By Stephen Guise Bibliography**

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### Editorial Review

#### Review

Here are some quotes from Amazon reviewers:

*"Ever since I started mini habits, my life has been changing exponentially. [...] Mini Habits is the most life-changing book I've ever read."*

- **Jason** (verified purchase)

*"I've exercised every day since reading this book."*

- **Suzanne Riffel** (verified purchase)

*"Of the thousands of self-help ideas I have encountered over the decades, I rate the information in this book as among the very best."*

- **Chess Maniac** (verified purchase)

#### About the Author

On December 28, 2012, Stephen Guise started doing at least one push-up every day. It was his first mini habit. Two years later, Stephen's mini habits have him in peak physical condition, writing 4x as many words, and reading 10x more books.

*Mini Habits* combines Stephen's life-changing experience above with science, logic, and humor. It rejects common self-help and habit formation advice in favor of smarter strategies that work with a modern, hectic lifestyle. Having mini habits enables you to move forward consistently, even on your worst days.

*Mini Habits* has not left the best seller list since it was released, selling more than 110,000 copies worldwide.

### Users Review

#### From reader reviews:

##### Victoria Williams:

Book is to be different for every grade. Book for children until eventually adult are different content. To be sure that book is very important usually. The book *Mini Habits: Smaller Habits, Bigger Results (Volume 1)* seemed to be making you to know about other expertise and of course you can take more information. It is extremely advantages for you. The publication *Mini Habits: Smaller Habits, Bigger Results (Volume 1)* is not only giving you far more new information but also to become your friend when you really feel bored. You can spend your personal spend time to read your guide. Try to make relationship while using book *Mini Habits: Smaller Habits, Bigger Results (Volume 1)*. You never truly feel lose out for everything when you read some books.

### **Molly Cooper:**

People live in this new moment of lifestyle always try to and must have the spare time or they will get wide range of stress from both daily life and work. So , whenever we ask do people have time, we will say absolutely indeed. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, often the book you have read is usually Mini Habits: Smaller Habits, Bigger Results (Volume 1).

### **Elbert Gibson:**

Your reading 6th sense will not betray an individual, why because this Mini Habits: Smaller Habits, Bigger Results (Volume 1) book written by well-known writer we are excited for well how to make book which might be understand by anyone who read the book. Written inside good manner for you, still dripping wet every ideas and creating skill only for eliminate your own hunger then you still hesitation Mini Habits: Smaller Habits, Bigger Results (Volume 1) as good book not just by the cover but also with the content. This is one reserve that can break don't evaluate book by its protect, so do you still needing yet another sixth sense to pick that!/? Oh come on your studying sixth sense already told you so why you have to listening to a different sixth sense.

### **Verna Tubbs:**

Some people said that they feel bored when they reading a guide. They are directly felt it when they get a half regions of the book. You can choose the actual book Mini Habits: Smaller Habits, Bigger Results (Volume 1) to make your personal reading is interesting. Your own skill of reading ability is developing when you just like reading. Try to choose easy book to make you enjoy to learn it and mingle the impression about book and examining especially. It is to be very first opinion for you to like to wide open a book and learn it. Beside that the e-book Mini Habits: Smaller Habits, Bigger Results (Volume 1) can to be your brand-new friend when you're truly feel alone and confuse with what must you're doing of that time.

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