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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

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## Customer Reviews

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 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!! found the idea of HABIT STACKING interesting, but his list in the last half of the book how to make these small changes was insulting. I you are looking for a "process book" this is not it. Here are 5 of Mr. Scott's "small life changes" that just irked me: #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.....

I have read a number of S.J. Scott's books and can say that his advice is simple, down-to-Earth and immediately applicable. His book "Writing Habits Mastery" about mastering time and productivity for writing has helped my writing career specifically. In contrast THIS book should help people to improve multiple categories of life. The premise is that "Big doors swing on little hinges", meaning that small changes can produce life changing benefits. Rather than the narrow definition of success of researching, writing, or editing X number of words per day, S.J. includes checklists, benchmarks, and suggestions for SEVEN whole CATEGORIES of life: Productivity; Relationships; Finances; Organization; Spirituality; Health and Physical Fitness; Leisure. It's rare that I read a book in a single sitting. But I downloaded this at 5:00 am local time and am now writing this review at about 8:00. It's a page-turner and an eye-opener. Best takeaway from the book: 5 minutes is enough to change your life if you decide to make a consistent habit of doing something purposeful daily with that five minutes. DO this in one category and you'll find it easy enough to add another. Try to "overhaul" your entire life with lofty goals and several big changes all at once and you'll likely fail. Five stars, baby. Thanks S.J. for a perfect companion to Writing Habit Mastery.

if you are a thinking person, everything in this book will be common knowledge. There isn't anything new here to learn. The ideas presented are not bad, but things like "brush your teeth" don't require spending money to know they are good habits. I can sum up this book for you with this statement, "when building habits keep them small and simple so they are fast and easy to accomplish." The rest of the book is 97 examples of habits that most of us already do or know about. Save your money.

Because of some health issues, I often feel overwhelmed by everything that needs doing. If a task

takes a lot of time or a lot of effort I will put it off until I feel better. Needless to say, that's a good way to make most things even harder to do when I finally get around to it. But, Mr. Scott's book helped me see how easy it is to accomplish a great deal by simply doing a few little things consistently (Habit Stacking). I enjoy books by S.J. Scott, because they are written in such a clear and concise manner. He explains and gives examples, but doesn't bore you with needless junk.

I've read a startling amount of books about habits and personal development -- and I can honestly, genuinely say that this is the BEST book I've ever read on that subject. This book not only explains the nuts and bolts of why habits work and how you can use that knowledge (I had several "aha" moments, while reading this part) but also has a very thorough and extensive list of 97 habits that you can implement in your daily life. In all of my reading, I've NEVER seen another book like this. Everything is written in a very clear and easy to understand manner, and was perfectly edited and VERY professional. While reading, you can really tell that, unlike so many other "self help gurus", S.J. really cares about your personal success -- and is willing to do everything in his power to help you get there. S.J. has done an amazing job with "Habit Stacking", and I will surely be going back to it over and over again as I embark on my own habits journey. If you're serious about bettering your own life, I would highly recommend you get your own copy of "Habit Stacking. You WON'T regret it.

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Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits)  
Habit 4 Think Win-Win: The Habit of Mutual Benefit (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 1 Be Proactive: The Habit of Choice (The 7 Habits)  
Habit 7 Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature)  
Habit 6 Synergize: The Habit of Creative Cooperation (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)  
Sex After...: Women Share How Intimacy Changes as Life Changes  
How to Take Advantage of the People Who Are Trying to Take Advantage of You: 50 Ways to Capitalize on the System (Take the Advantage Book 1)  
The Complete Guide to Stonescaping: Dry-Stacking, Mortaring, Paving & Gardening  
The Complete Guide to the Chainsaw: A Chainsaw Pro Shows You How to Safely and Confidently Handle Everything from Trimming Branches and Felling Trees to Splitting and Stacking Wood  
Norwegian Wood: Chopping, Stacking, and Drying Wood the Scandinavian Way  
The Coaching

Habit: Say Less, Ask More & Change the Way You Lead Forever Don't Sweat the Small Stuff and It's All Small Stuff: Simple Ways to Keep the Little Things From Taking Over Your Life (Don't Sweat the Small Stuff Series) Summary: The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing: in less than 30 minutes (Marie Kondo) Quilting: The Ultimate Guide to Mastering Quilting for Life in 30 Minutes or Less! Unstuff Your Life: Kick the Clutter Habit and Completely Organize Your Life for Good Small Changes, Dynamic Results! Feng Shui for the Western World 5% More: Making Small Changes to Achieve Extraordinary Results

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