



The Art of Good Habits: Health, Love, Presence, and Prosperity

Nathalie W Herrman

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Take ownership of your happiness through simple but effective changes to the way you approach health, love, presence, and prosperity. *The Art of Good Habits* presents a step-by-step action plan to achieve your goals and maintain them for continued success.

Join Nathalie W. Herrman on a life-changing journey toward wellness and satisfaction using this remarkable book as your road map. Gain empowerment and control over life's challenges with effective exercises and easy-to-understand principles. Discover how to look within yourself for answers and change your habits for the better. With this book's four-pillar system—honesty, willingness, awareness, and appreciation—you'll unlock the power of enlightened living.

Praise:

“A brilliant and comprehensive handbook . . . [with] viable solutions for our health, wealth, and overall physical, emotional, and spiritual well being.”—Lynne Joy McFarland, bestselling author of *21st Century Leadership* and film producer of *The Time is Now*

“This book is an incredible value for anyone who wants to make positive habit changes in their lives.”—Steve Scott, author of *23 Anti-Procrastination Habits*

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