



Self-Help Through Changing Your Behavior: Enjoy Your Life More

Royce Mobley

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Self-help Through Changing Your Behavior can be used as a way to improve not only your life, but also the lives of generations to come. The purpose of this book is to provide information and encourage you to consider the things that you can do to help yourself simply by changing bad habits. Changing bad behavior is a simple way to do better and live a more productive life. Not one of us needs to wait for someone else to do for us those things we can do for ourselves. Even if it is not clear to us at this moment, it is within our power to deal successfully with most of the difficulties that many of us face, including continued high poverty, unemployment, incarceration of family members, poor quality education, and marital struggles. These, as well as other challenges do not allow us the luxury of limiting our options for effective solutions.

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