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## Change the Picture: How to Get Rid of Annoying Habits, Addictions Everything Wrong about You (Paperback)

By Dr Treat Preston

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Self Improvement Techniques - Change the Picture: How to Get Rid of Annoying Habits, Addictions Everything Wrong About You deals with the most common annoying habits, annoying cubicle habits, irritating habits, everyday annoyances, pet peeves, rehabilitation, and self improvement techniques. What is it that bothers you about YOU? Everyone on the planet does not like something about themselves. Is it possible to really change? Are we destined to a life of bondage to the things we hate about ourselves? No! Written by one of the nation s leading behavioral scientist and bestselling author, Dr. Treat Preston lays out his case in the simplest terms. Here is the TABLE OF CONTENTS DISCLAIMER AND TERMS OF USE AGREEMENT: Introduction - Things start out as hopes and end up as habits Chapter 1 - Laying a Proper Foundation Chapter 2 - Pictures of the Heart Chapter 3 - Changing the Picture Chapter 4 - Changing YOU! Chapter 5 - Think About It Chapter 6 - Let s Talk I Have a Special Gift for My Readers Meet the Author Our inherent abilities to self-deceive ourselves,...



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