

Kindle eBook Daily Deals

07/25/20

1. Tiny Habits: The Small Changes That Change Everything
(Personal Development, \$2.99)

1. By BJ Fogg

2. 4.7/5 stars with 602 reviews

3. When it comes to change, TINY IS MIGHTY. Start with two pushups a day, not a two-hour workout; or five deep breaths each morning rather than an hour of meditation. In TINY HABITS, B.J. Fogg brings his experience coaching more than 40,000 people to help you lose weight, de-stress, sleep better, or achieve any goal of your choice. You just need Fogg's behavior formula: make it easy, make it fit your life, and make it rewarding. Whenever you get in your car, take one yoga breath. Smile. Whenever you get in bed, turn off your phone. Give yourself a high five.