

## Good Habits Journal The

by

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A guided workbook for creating positive change in your life. Discover the power of healthy habits. Good habits are stepping stones to living the life you want and being the person you want to be. Begin and sustain useful habits, and kick bad ones to the kerb, and you'll be free and flying. This activity-based journal shows you how.

**Price:** \$16.99  
**Stock:** Plenty Of Stock  
**Item Code:** GOOHAJO

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**ISBN:** 9781922944719  
**Book Format:** Hardcover  
**Pages:** 232  
**Dimensions:** H 205mm x W 165mm x D 25mm  
**Weight:** 586g

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