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**Konrad Kollnig**

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the surface of habit formation offering a fresh practical approach to sustainable change You ll learn how to break free from unconscious patterns identify the small shifts that lead to massive transformation and design a personal system for success Instead of relying on willpower or motivation you ll discover how to create an environment that makes good habits effortless and bad habits nearly impossible Through actionable strategies thought provoking insights and a clear roadmap The Habit Revolution helps you Recognize and disrupt the invisible cycles that keep you stuck Align your habits with your identity to make success feel natural Leverage momentum small wins and habit stacking to create lasting change Build a mindset of mastery resilience and continuous growth Take control of your time energy and environment to make progress inevitable Whether you want to improve your productivity health mindset or daily discipline this book provides the tools you need to turn ambition into action No more waiting for motivation No more struggling with inconsistency The Habit Revolution gives you the power to rewrite your habits redefine your future and take control of your life one step at a time [Habits Without Pressure](#) GRAYSON ALDER, Building better habits doesn t have to mean pushing yourself to the edge of exhaustion Habits Without Pressure How to Build Better Routines Without Burning Out is your guide to creating sustainable meaningful change without the constant stress of chasing perfection This book invites you to step away from the hustle mentality and embrace a gentler more intuitive approach to personal growth Instead of setting rigid routines that collapse under the weight of real life you ll learn how to design flexible systems that honor your energy your pace and your evolving needs Whether you re looking to start new habits strengthen old ones or simply find a healthier balance in your day to day life this book provides the practical strategies and compassionate encouragement you need Inside you ll discover how to Build routines that adapt to your changing energy levels and life circumstances Let go of the all or nothing mindset that keeps you stuck Stay committed without relying on force guilt or rigid discipline Create meaningful habits that fit naturally into your life Recover gracefully from disruptions without starting over Balance structure with freedom allowing progress without burnout Measure success through presence not perfection With thoughtful guidance and a refreshing perspective Habits Without Pressure shows you that real transformation doesn t require relentless pressure it simply asks for patience presence and a rhythm that feels true to you If you re ready to build habits that support you instead of overwhelm you this book will help you reconnect with your own natural pace and grow in a way that is lasting meaningful and sustainable *The App Economy* Konrad

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