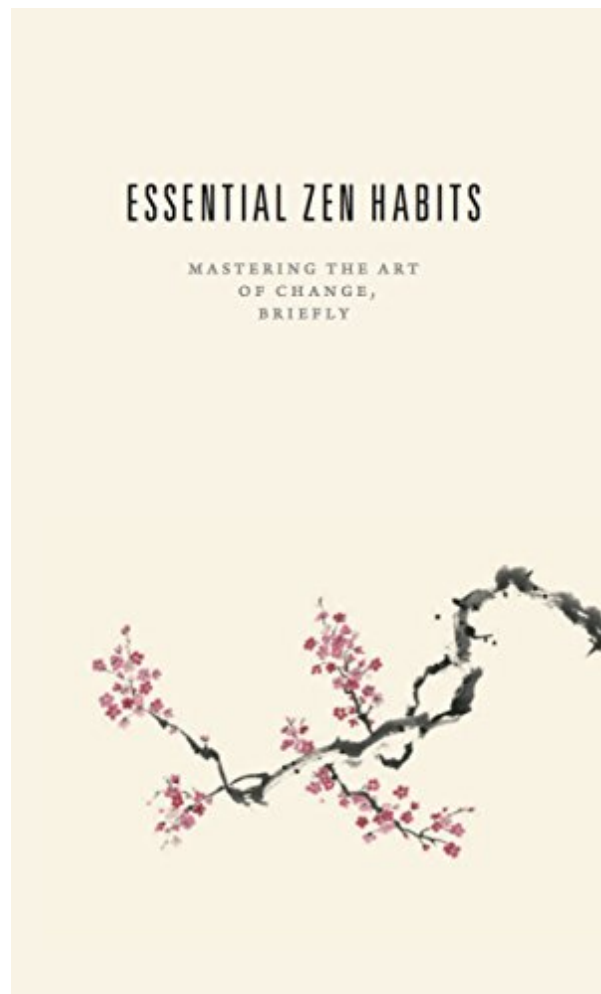


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Essential Zen Habits shares a method and a six-week program for changing a habit, and outlines steps needed to quit bad habits, deal with life struggles, and find mindfulness. All in a very brief format of "just do this" instructions, no fluff whatsoever.

- Sales Rank: #154082 in eBooks
- Published on: 2015-12-20
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