

## The Art of Changing the Habits Of A Lifetime – part Three

Ivo Dias de Sousa, 03/04/2014

### Summary:

What can you hope to learn from this text?

how habits are formed;

why having the best intentions won't be enough to get you out of bad habits;

two habit-altering strategies.

<http://www.intelligenthq.com/lifestyle/art-changing-habits-lifetime-part-three/>