



Making Good Habits, Breaking Bad Habits: 14 New Behaviors That Will Energize Your Life

Joyce Meyer

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From nail biting to cell phone addiction, procrastination to overspending, bad habits seem to outnumber the good ones. Unfortunately, we pay a price for bad habits that outweighs the immediate gratification that they bring.

In this audiobook, Joyce Meyer starts by examining the nature of habits. The first habit - and most important one to have - is the God Habit. By making it a habit to start your day by reading the Bible and communing with God, asking for His help in your efforts and His strength and sustenance, the stage is set for overcoming the habits you want to break and establishing new ones in their place.

She then explores how to break bad habits by examining the destructive negative behavior patterns.

The author moves on to discuss 14 good habits and devotes a chapter to each. By the end of the chapter, the listener has a specific roadmap to follow until the behavior has become automatic (the definition of a habit). It's like following a GPS to get you to a new place. After traveling the same route several times, the GPS isn't needed for you to find your destination. The "habit" of following the right route is ingrained.

Among the habits discussed are:

- The God Habit
- The Habit of Being Decisive
- The Health Habit
- The Happy Habit
- The Habit of Faith
- The Habit of Excellence
- The Habit of Being Responsible
- The Generosity Habit
- The Hurry Habit
- The Discipline Habit
- The Confidence Habit

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