



Habits Die Hard: 10 Steps to Building Successful Habits

John J. Murphy

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We are all creatures of habit and if you make good habits, good habits will make you. This wisdom has been around since ancient times. Aristotle once said, "We are what we repeatedly do. Excellence, then, is not an act but a habit."

Whether they are a positive force in our lives or obstacles to the goals we want to achieve, habits become ingrained through repeated actions. *Habits Die Hard*, by John Murphy, unpacks 10 keys to help you replace your destructive habits with constructive habits.

"In my opinion, *Habits Die Hard* is the most important book of the three books I ordered and received. The reason that I put it first in importance is because in order for one to achieve any goals one sets, and be successful in any area, one must first examine his or her habits and find those that would hold one back from achieving the other two. " *S. Rothstein of Palm Desert, CA*

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