

Four_seconds_all_the_time_you_need_to_stop_counter

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Summary:

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How To Stop Counter-Productive Habits In 4 Seconds Can you improve your relationships, increase your ability to focus and shut down counter-productive habits in just four seconds? In his new book, *Four Seconds: All the Time You Need to Stop. 4 Seconds: All The Time You Need to Stop Counter ... Start by marking "4 Seconds: All The Time You Need to Stop Counter-Productive Habits and Get the Results You Want" as Want to Read: ... All The Time You Need to Stop Counter-Productive Habits and Get the Results You Want ... but Bregman offers it in an engaging manner that reminds us that four seconds (the time ...more. flag Like Á· see. Four seconds : all the time you need to stop counter ... Four seconds : all the time you need to stop counter-productive habits and get the results you want. Home / Books / Four seconds : all the time you need to stop counter-productive habits and get the results you want. By Peter Bregman Added July 15, 2016.*

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4 seconds - bregmanpartners.com 4 seconds: All the Time You Need to Stop Counter- Productive Habits and Get ... The culprit: our counter-productive, knee-jerk reactions. ... fact, all you need is four seconds. Four seconds is the amount of time required to take a single breath. That short pause is all you.