



21 Power Habits for a Winning Life with Empowering Affirmations & Words of Wisdom (Volume One)

Krystal Kuehn

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Every day we practice habits both good and bad. Good and healthy habits (power habits) lead to a winning life filled with true joy, success and fulfillment! But living a winning life doesn't just happen; it is the result of making wise choices, focusing on the positive, believing for the best, and seeing oneself as a winner.

In *21 Power Habits for a Winning Life*, you will be empowered to have a winning perspective and attitude in all areas of your life. Each chapter discusses a power habit with empowering affirmations and words of wisdom to help you understand and apply the principles to your life.

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