

Download Boost Create Good Habits Using Psychology And Technology

Now that 2011 is well underway and most people have fallen off the bandwagon when it comes to their New Year's resolutions (myself included), it's a good time to step back and take an honest look at our habits and the goals that we want to achieve. Healthy ways to strengthen your immune system. Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy. Although it is environmentally friendly, blue light can affect your sleep and potentially cause disease. Until the advent of artificial lighting, the sun was the major source of lighting, and people spent their evenings in (relative) darkness. Recently, I've been following a simple rule that is helping me crush procrastination and making it easier for me to stick to good habits at the same time. I want to share it with you today so that you can try it out and see how it works in your life. The best part? It's a simple strategy that ...