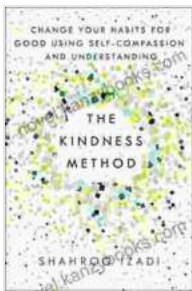


# Change Your Habits For Good: A Compassionate and Understanding Guide

**Are you tired of struggling with the same old habits?** Do you feel like you're constantly sabotaging yourself, even when you have the best intentions?



## The Kindness Method: Change Your Habits for Good Using Self-Compassion and Understanding by Shahroo Izadi

★★★★☆ 4.5 out of 5

Language	: English
File size	: 9993 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 193 pages



If so, you're not alone. Millions of people struggle with habits that they can't seem to break. But what if there was a better way? A way to change your habits for good, without all the guilt and shame?

In her book, *Change Your Habits For Good Using Self Compassion And Understanding*, certified life coach and author Sarah Jane Rounds offers a revolutionary approach to habit change. She believes that the key to lasting change is not willpower or discipline, but self-compassion and understanding.

When you have self-compassion, you treat yourself with the same kindness and understanding that you would show a friend. You don't beat yourself up for your mistakes, and you don't give up on yourself when things get tough.

When you have self-understanding, you know your triggers and patterns. You know what causes you to slip up, and you know how to get back on track.

Together, self-compassion and understanding can help you change your habits for good. Here's how:

### **1. Self-compassion helps you to be more accepting of yourself.**

When you accept yourself, you don't have to be perfect. You can make mistakes and still be okay. This takes the pressure off, and makes it easier to stay on track with your goals.

### **2. Self-compassion helps you to be more forgiving of yourself.**

When you forgive yourself for your mistakes, you're less likely to give up on yourself. You know that everyone makes mistakes, and that you're not a failure if you slip up.

### **3. Self-understanding helps you to identify your triggers and patterns.**

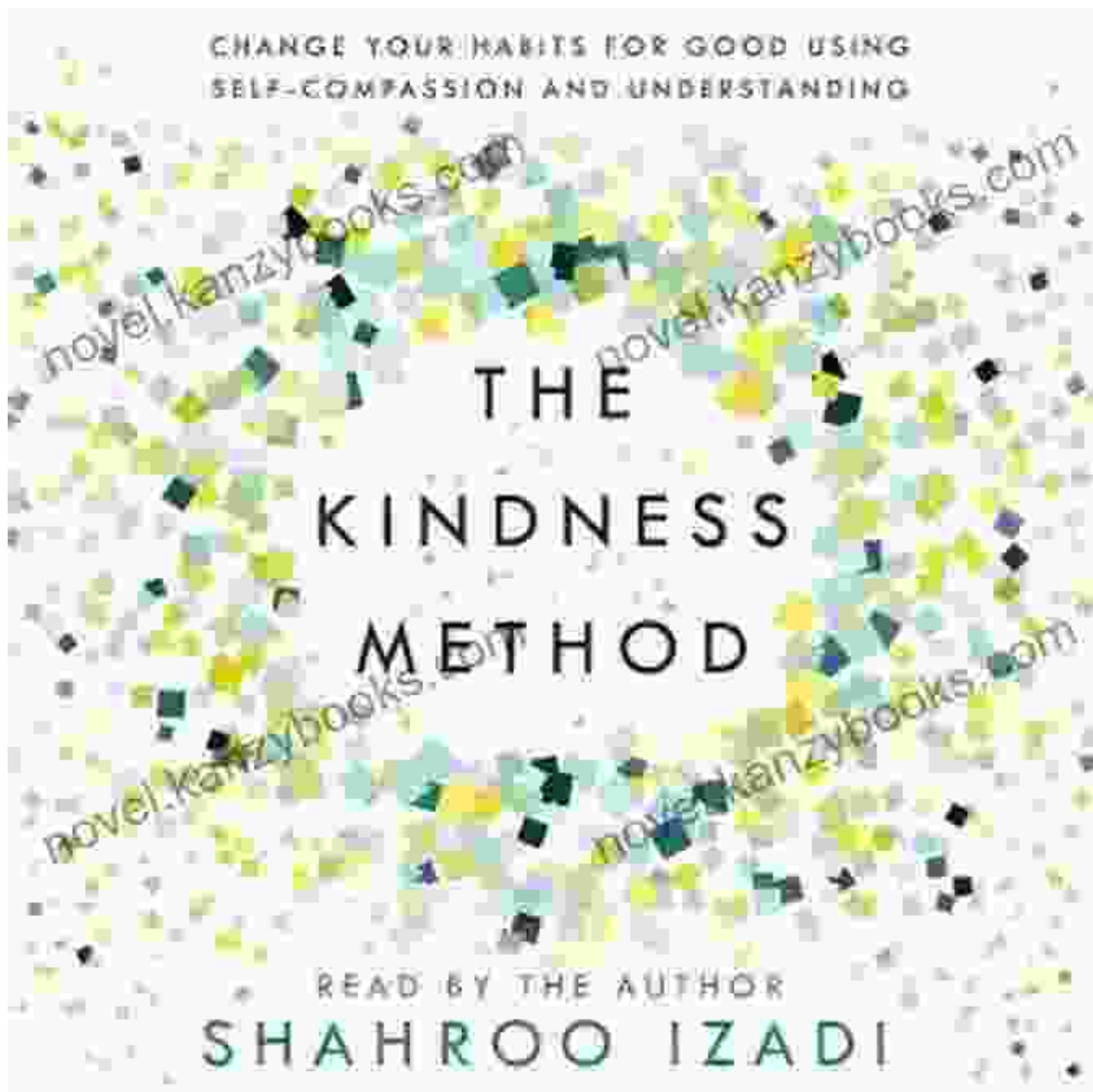
Once you know what causes you to slip up, you can take steps to avoid those triggers. You can also develop strategies for getting back on track if you do slip up.

### **4. Self-understanding helps you to develop realistic goals.**

When you know your strengths and weaknesses, you can set goals that are challenging but achievable. This makes it more likely that you'll stick

with your goals and make lasting change.

If you're ready to change your habits for good, Sarah Jane Rounds' book is the perfect place to start. In this groundbreaking book, she'll teach you how to cultivate self-compassion and understanding, so that you can finally break free from your old habits and create a life that you love.



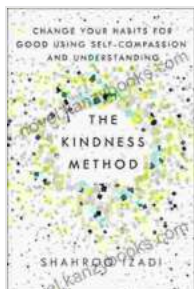
## About the Author

Sarah Jane Rounds is a certified life coach and author. She has helped thousands of people to change their lives for the better, and she is passionate about helping others to reach their full potential.

Sarah Jane's book, *Change Your Habits For Good Using Self Compassion And Understanding*, is a groundbreaking book that offers a revolutionary approach to habit change. In this book, she shares her proven strategies for cultivating self-compassion and understanding, so that you can finally break free from your old habits and create a life that you love.

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Free Download your copy today!



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