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**GRETCHEN RUBIN**  
Author of **THE HAPPINESS PROJECT**

**BETTER**

*Than*

**BEFORE**

WHAT I LEARNED ABOUT MAKING AND  
BREAKING **HABITS**—TO SLEEP MORE,  
QUIT SUGAR, PROCRASTINATE LESS, AND  
GENERALLY BUILD **A HAPPIER LIFE**

"A force for  
real change."  
—BRENE BROWN

# Better Than Before Habits Procrastinate

**Shasha Hu**



**Better Than Before Habits Procrastinate:**

Delve into the emotional tapestry woven by Emotional Journey with in Dive into the Emotion of **Better Than Before Habits Procrastinate** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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