

HABITS BY DESIGN

A six-month journal that will help you achieve excellence

Key selling points

- A journal to help you find more fulfilment, purpose and happiness in your life.
- Based on practices used by bestselling authors and self-help practitioners.
- Featuring inspiring quotes and evening reflection questions, as well as useful tips and resources about other productivity and well-being habits.

About the book

Create the life you want through the power of habits.

Unlock your potential by developing daily practices.

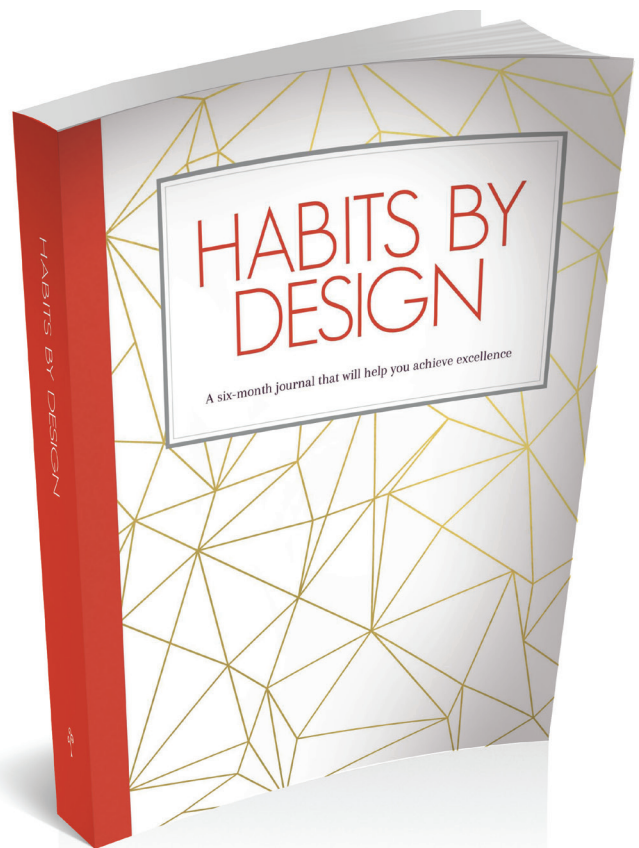
Find success, achieve your goals and increase your productivity.

Habits by Design is a daily guide that will help you achieve excellence. Based on practices used by bestselling authors, beautifully-designed journal is a tool to help you live the life you want. The pages are undated, so you can begin your journey to success today.

About the author

Samantha Candanedo was born and raised in Panama City, Panama.

Over the course of her educational and professional experience, she has tested and designed productivity and wellbeing tools based on reputable research and self-development books. These tools have helped her and her friends improve in these areas and she hopes that others will also benefit from her wellbeing/productivity journal, *Habits by Design*. 10% of the proceeds from *Habits by Design* will go to charity.



Create the life you want through the power of habits

Book information

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