



**Self Improvement: The Spirit of PERSONAL
KAIZEN, The Pursuit of Continuous
Improvement: DISCOVER The Power of Kaizen
& How to Live Your Life Fulfilled ... Personal
Development, Self Improve,)**

Benjamin S Sweet

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★SELF-IMPROVE YOURSELF★ & Take Your Life To The Next Level. Build Better Habits & Blast Through Your Goals

KAIZEN -

Japanese for "CONTINUOUS IMPROVEMENT"

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Do you have a hunger for something more out of your life?

Do you feel like you're not achieving your full potential?

Have you tried to make positive changes before but always reverted back to your old ways in the end?

Advance Your Life Today by Adopting the Principles of KAIZEN!

People resist Change. It's hard-wired into our brains. This has been supported with decades of motivational research. If something changes too quickly, it's threatening & our bodies resist. Our minds seek ways to fight of flight. Naturally, we desire to return to what's comfortable, familiar & pain free.

There are many methods to implement change out their but most require incredibly high levels of support,

discipline & commitment, otherwise the changes won't last. This is why **KAIZEN IS SO EFFECTIVE** It acknowledges that people & businesses that are able to regularly make intelligent & gradual changes often end up better off in the long-run than those who attempt more extreme change measures.

The content within this book is super powerful and I guarantee that all the resources, tips and tricks within will give you the motivation to up your game as a human being, break through any existing hurdles that stand in your way to long-lasting success and living a better happier life for you and your family.

The honest truth is, most people don't bother with learning how to be better. How to function at a higher level. These people are setting themselves up to fail from the beginning. Don't be that person, download this book.

This book teaches you about creating new better habits and eliminating old negative habits through the principles of Kaizen. It is through our habits that we live each day. Building new habits and breaking old ones is the key to living a better life for good.

Preview...

And Much More...

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Take action today and download this book for a limited time discount of only **★\$0.99!★**

Don't put it off any longer. Do yourself a huge favor and join the thousands of people who have improved their lives with Personal Kaizen.

If you really care about making the most out of your time on Earth, Scroll Up & **click the "BUY" button NOW** to get this book.

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