



Change Your Habits, Change Your Life: Strategies that Transformed 177 Average People into Self-Made Millionaires

Tom Corley

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Change Your Habits, Change Your Life is the follow-up to Tom Corley's bestselling book *Rich Habits*. Thanks to his extensive research of the habits of self-made millionaires, Corley has identified the habits that helped transform ordinary individuals into self-made millionaires. Success no longer has to be a secret passed down among only the elite and the wealthy. No matter where you are in life, *Change Your Habits, Change Your Life* will meet you there, and guide you to success. In this book, you will learn about:

- Why we have habits
- Habits that create wealth or poverty, or keep you stuck in the middle class
- Habits that increase your IQ
- Habits that reduce disease and increase longevity
- Habits that eliminate depression and increase happiness
- Strategies to help you find your main purpose in life
- Tricks to help you fast track habit change

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