

NEW YORK TIMES BESTSELLER  
**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

**LL Leslie**



**Better Than Before Habits Procrastinate:**

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, **Better Than Before Habits Procrastinate** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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