



# 5 Habits Every Woman Needs To Stop Doing Today

*Alison McMahon*

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## Welcome to my book "5 Habits Every Woman Needs To Stop Doing Today!"

In this book we identify the **top 5 negative habits** that women are guilty of. We will cover everything from negative thought patterns to unfulfilling sex lives! By being aware of the negative habits we are engaging in, we have the power to **cut them out of our lives!**

It's easy to get caught up in the hustle and bustle of our day to day lives and not take the time to focus on ourselves. By reading this book you are giving yourself some well deserved "me time". **It's time to prioritize you!**

When you download this ebook you will also get **free access** to my "3 step guide on how to re-wire your thoughts." You will find the link inside the ebook!

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