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Stop putting off your dream. These sayings from the book 'Habit Changers: 81 Game-Changing Mantras to Mindfully Realize Your Goals' can help you reevaluate your life and change for the better.

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Bad habits are so easy to fall into. But in the end, we know they only make us miserable. They're "the opposite of what makes you happy. They're what make you miserable," says M.J. Ryan, author of "Habit Changers: 81 Game-Changing Mantras to Mindfully Realize Your Goals." Especially when they cost ...

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