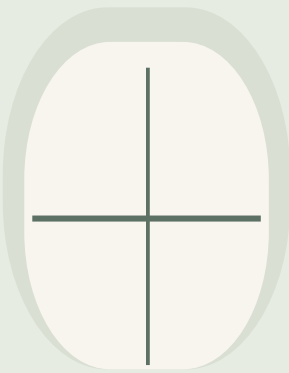




MARTINA INC. EDUCATION

A More Harmonious Life

A Practical Beginner's Guide to Feng Shui,
Relationships & Everyday Balance



Notice your space. Understand your patterns. Choose a small next step.

martinainc.com



Begin with what you notice

A room can make an everyday task easier or more awkward. A familiar reaction can help us cope in one situation and become unhelpful in another. Paying attention gives us a place to begin.

A practical philosophy

Martina Inc. brings together traditional perspectives on space and accessible education about everyday behavior. We invite you to look closely, ask better questions and try changes that fit your circumstances. You do not need to buy special objects, renovate your home or decide what kind of person you are.

Three ways of reading this guide

TRADITION describes Feng Shui beliefs and practices. PRACTICAL EXPERIMENT introduces an ordinary change you can observe for yourself. RESEARCH CONTEXT points to established guidance or published research. A useful practical idea does not prove the traditional explanation behind it.

Use it at your own pace

Read from the beginning or choose a page that fits a current question. Try one manageable change and notice the result before adding another. Adapt every suggestion to disability, shared living, budget, culture and personal preference. Comfort, consent and safety take priority.



Start here

What would make daily life a little easier this week: moving through a room, resting, focusing, or having a clearer conversation? Choose one.

Find a useful starting point

This is a reference to return to, not a program you must complete. The numbered chapters follow two connected themes: the spaces you use and the patterns you notice.

Space and everyday life

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Keep a small note

Write the date, what you tried and what you noticed. An experiment that does not help is still useful information. There is no harmony score to achieve.

What is Feng Shui?

Feng Shui is a family of Chinese traditions concerned with the relationship between people, places and their surroundings. Its name is commonly translated as wind and water. Historically, it has been used when considering the location and orientation of buildings and landscapes. [1]

A language of relationships

Traditional ideas include qi, a concept of vital influence; yin and yang, complementary qualities; and five phases often named wood, fire, earth, metal and water. These belong to a cultural and philosophical framework. They are not measurements of electricity, hormones or the success of a business. [2]

Different traditions ask different questions

Some approaches emphasize the shape of the surroundings and the arrangement of a room. Others use compass directions and more specialized calculations. Practices vary. This beginner guide does not calculate personal favorable directions or substitute for a property assessment. [2]

A useful way to begin

Look at a place you use every day. Where do people enter? What can they see? What gets in their way? What feels comfortable to you? These questions can lead to practical experiments even if you do not share every traditional belief.



PLACE

PEOPLE

PRACTICE

An invitation to notice, not a score or prediction.

Keep the distinction

A clearer entrance may be easier to use. That observation is different from proving that an entrance attracts wealth. A direction or object cannot promise a particular life outcome.

The entrance to your home

In Feng Shui, an entrance has symbolic importance as a point of arrival and exchange. You can explore that idea by paying attention to the everyday transition between outside and home. [2]

Walk the route you actually use

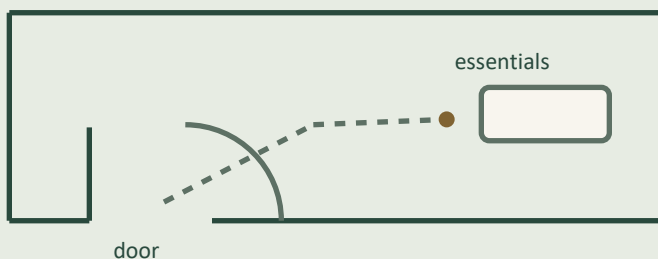
Begin outside the door, then come in carrying the things you normally bring home. Notice the door swing, a loose mat, shoes underfoot, a dark corner or nowhere to put a bag. Use this real sequence rather than an idealized photograph of an empty hallway.

Give essential things an obvious place

Choose a reachable home for keys, shoes or mobility equipment. Keep items available rather than hiding everything in the name of tidiness. In a shared home, agree on the arrangement before moving someone else's belongings.

Make arrival feel legible

Can a visitor identify the door and find enough light to enter? Is the path clear without making the space bare? You might move one unstable stack or use a lamp you already own. Follow building and fire-safety requirements; never block an exit with a decorative feature.



Follow your real arrival route.

Leave the door swing clear.

Keep storage easy to reach.

Try one change

For three arrivals, notice what slows you down. Change the most frequent obstacle, then repeat the same route. Ask whether it is easier to enter and settle in, not whether your luck has changed.

Feng Shui for business

Traditional Feng Shui considers how a site faces its surroundings and how activity moves through it. Treat these ideas as prompts for observing the business, not a forecast of revenue. [1, 2]

Entrance orientation and visibility

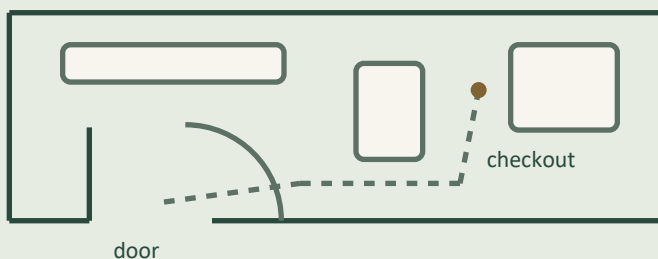
A compass-facing direction and a customer's view of the entrance are different observations. This guide offers no universal profitable direction. Stand where a first-time visitor approaches and ask whether the entrance, opening information and first point of contact are easy to find.

Checkout and customer circulation

Follow a plausible route from arrival to browsing to payment to exit. A store may experiment with making the entrance clearer and the checkout area easier to see and approach. Keep queues from blocking passage, preserve accessible routes, and let people move without pressure to buy.

The owner or manager's working position

Some practitioners favor a position with support behind the person and a view of the entrance, outside its direct line. This is often called a command position. [2] Treat it as a traditional preference. Screen privacy, ergonomics and safe staff access may require a different arrangement.



Arrival > browse > checkout

Check the route when busy.

Illustration, not a floor-plan rule.

Observe before rearranging

Ask a colleague to enter as a new customer. Where do they hesitate or ask for directions? Start with that point. Do not collect customer images or personal information for this exercise.



A clearer route through the room

A small space rarely needs every object moved. It may need one decision made clearer: where to enter, where to ask a question, or where to wait.

Clutter is a functional question

A shelf can be full and well organized. A nearly empty counter can still be confusing. Separate useful merchandise and information from duplicate signs, packaging and items that interrupt the task. Staff need reachable supplies as well as customers needing clear routes.

Check lighting where the work happens

Look at labels, payment terminals and steps from the position where people use them. Avoid solving darkness with a harsh light that reflects into someone's eyes. Workstation guidance also emphasizes managing glare and the placement of light sources. [5]

A modest example

Imagine a small shop where visitors regularly ask where to pay. The owner tries a clearer checkout sign and moves a promotional stand away from the queue. For several comparable opening periods, staff note whether directions are still needed and whether the route stays clear. Weather, staffing and promotions may also affect the result.

Keep the conclusion narrow

Fewer questions about checkout would support keeping the sign. It would not show that a compass direction caused sales growth. Revenue depends on many factors beyond the room, including the offer, prices, demand and service.

Choose a useful measure

Count one observable issue, such as requests for directions. Compare similar periods and ask staff what improved or became harder. Keep or reverse the change based on what you find.

Your bedroom

Begin with the room's purpose: somewhere you can rest with reasonable comfort and privacy. A rental room, shared bedroom or studio can serve that purpose without matching a design rule perfectly.

Bed placement and door visibility

A commonly taught Feng Shui arrangement gives the bed support behind the head and a view of the door without placing it directly along the doorway's line. [2] The drawing is an illustration of that idea, not a prescription. Keep doors, windows, heaters and routes to the bathroom usable.

Sleeping direction

Some traditions consider compass orientation and personal calculations when discussing bed direction. Recommendations differ by method. [2] This guide does not assign you a direction, and it does not present direction as a treatment for poor sleep.

Balance, mirrors and belonging

Try visual balance through objects you already enjoy; identical bedside furniture is optional. If a mirror reflects an unwanted light or catches your attention at night, experiment with its angle. A mirror is not evidence of relationship trouble. Keep essentials reachable, including medication or assistive equipment.



A traditional door-view idea.

Layout is illustrative only.

Access and comfort come first.

Start without lifting furniture

Sketch the room first. Can you address an irritating reflection or a blocked route with a smaller change? Ask for suitable help before moving anything heavy.

Make rest easier to support

Traditional bed-position ideas and established sleep guidance answer different questions. The CDC recommends consistent sleep and wake times and a quiet, relaxing room at a comfortable temperature. [3]

Light and the evening transition

If bright light or screen use is keeping the evening active, try a gentler transition before bed. Reduce unnecessary light while retaining enough to move safely. Covering a light source or changing its position may be more useful than buying a new decorative object.

The room you have

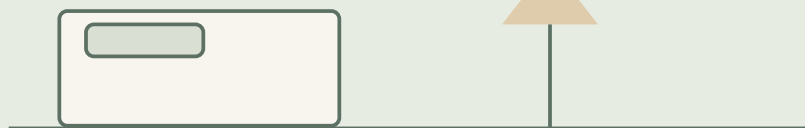
In a studio, put work materials out of the immediate bedtime view if that helps you switch activities. A tray or fabric cover may be sufficient. In a shared room, discuss light and noise preferences rather than deciding that one person's ideal setup must suit everyone.

Notice more than one night

Record approximate bedtime, waking time and how rested you felt, along with unusual noise, illness or schedule changes. This is a personal observation, not a diagnostic test. Stop tracking if it becomes another source of worry.

When changes are not enough

Persistent difficulty sleeping, breathing problems during sleep or daytime sleepiness deserve professional attention. Insomnia can require treatment, including cognitive behavioral therapy for insomnia. A new layout is not a substitute. [4]



Comfort and a gentler evening transition

A realistic goal

Choose a quieter or more comfortable evening routine. Avoid promising yourself perfect sleep tonight; you cannot force it by arranging the room correctly.

Your workspace

A workable desk helps you do the next task with less reaching, searching or distraction. A traditional placement preference can be considered alongside those practical needs.

Position and visibility

If you like seeing the entrance, explore that option without twisting toward the screen or exposing confidential information. A desk does not need to face a prescribed direction to be useful. In shared workplaces, agree on any changes first.

Comfort at the point of use

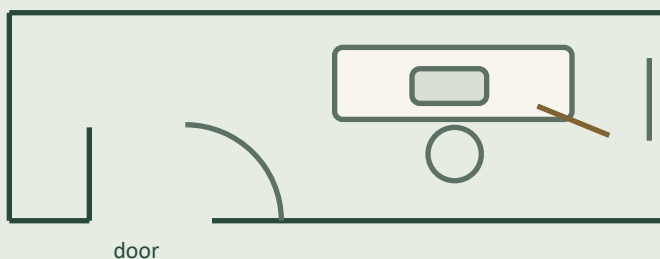
Check the screen, keyboard, chair and light together. Glare on the screen can make a seemingly pleasant window position awkward. OSHA suggests arranging lighting and the workstation to reduce reflections and discomfort. [5] Do not improvise unstable supports or keep working through pain.

Reduce one repeat distraction

Keep the materials for the current task within convenient reach. Give documents that require a decision a separate place from completed work. If notifications interrupt you, choose a short period with nonessential alerts quiet, while keeping necessary work or care responsibilities covered.

Movement belongs in the setup

Leave room to change position and reach essentials without an obstacle course. A brief movement break can also mark the end of one task. Adapt the space to your body and tools, rather than treating a photograph of a perfect desk as the standard.



Check light from the chair.

Keep useful materials reachable.

Protect room to move.

Two-minute reset

Before finishing work, put away one completed task and leave a short note naming tomorrow's first action. Observe whether that makes restarting simpler.

Five experiments for your space

Use what you already have. Choose one experiment that addresses an actual irritation, and ask others before changing a shared space.

01 Make one route easier

Walk from the door to the place where you put your bag. Move a single obstacle, keeping the route accessible and the exit clear.

02 Give one object a home

Choose something you often search for. Put its storage place where you naturally use it, then notice whether you remember to return it.

03 Check a reflection

Sit or lie where you normally do. Adjust one lamp, screen or mirror if glare is bothering you; keep enough light for safe movement.

04 Prepare a bedtime transition

Gather tomorrow's work in one place away from your immediate bedtime view. This is a trial in a multi-use room, not a rule that every bedroom must be empty.

05 Make a working surface usable

Clear enough space for the next task. Leave useful supplies visible if that suits how you work. An orderly system can contain many objects.



One observation

Which task became easier, if any? If nothing improved, you can undo the change. You have not failed a tradition or a test.



Five experiments for daily habits

Space and behavior often meet in an ordinary moment: coming home, opening a message or finishing work. These exercises are invitations to observe, not instructions to suppress feelings.

06 Add a gentle arrival pause

Before moving straight into another task, put down what you are carrying and decide what needs attention first. Keep it brief enough to use on a busy day.

07 Name one interpretation

When a message bothers you, write what it actually says and what you think it means. Leave room for information you do not yet have.

08 Make a specific request

Replace an unspoken hope with one clear, reasonable request. For example: "Could we confirm tomorrow's plan before dinner?" The other person may have a different preference.

09 Practice a small limit

Choose a manageable situation where you can state what you can offer. "I can help for twenty minutes" is more informative than agreeing and silently resenting it.

10 Return without starting over

Attach a small action to an existing routine, such as putting tomorrow's note beside your closed laptop. Habit research examines repeated actions in a consistent context; it does not establish a deadline for changing a relationship. [10]

Keep it manageable

Try one action, not all five. Choose an amount of effort that still makes sense on an ordinary day.

Why relationship patterns can repeat

A pattern is a sequence you have noticed more than once. It may involve what you expect, how you respond, what another person does and what happens afterward. Recognizing a sequence can be useful without deciding that anyone has a disorder.

Learning and expectations

Previous relationships can influence what you expect from closeness or disagreement. Attachment research examines these expectations, but early experiences do not explain everything about adult relationships. Current experiences and circumstances also matter. [6, 7]

Look at the interaction

Imagine uncertainty leading one person to send repeated messages, while the other responds with less detail. The first person may feel more uncertain. That is one possible sequence, not proof of either person's motives. Work pressure, an unclear agreement or incompatible needs might also be involved.

Observe behavior across time

Martina Inc.'s relationship material encourages looking beyond a single intense moment. In practice, ask whether promises are followed by action, whether disagreements can be discussed and whether limits are respected. Do not deliberately withdraw affection to test someone.

Keep responsibility clear

You can examine your choices without taking responsibility for someone else's cruelty, coercion or dishonesty. A pattern is not evidence that you caused mistreatment.



Describe the sequence before assigning a label.

A useful question

What happened immediately before my familiar response, and what happened after it? Describe actions before assigning explanations.



Familiar does not always mean healthy

Something can feel recognizable and still leave your needs unmet. Familiarity may be one influence on what you tolerate or expect, but it is not a complete explanation for who you choose or why you stay.

Look beyond the intensity

Attraction, relief after conflict and a strong sense of recognition are experiences worth noticing. They do not by themselves show that a relationship is caring or safe. Ask what happens during ordinary weeks as well as emotionally intense moments.

Describe what healthy means to you

Choose observable qualities: respect for a refusal, follow-through on agreements, room for separate friendships, and the ability to raise a concern without punishment. Your preferences may differ from someone else's, but consent and safety are not optional.

Notice what complicates a decision

Housing, money, caregiving, culture and fear can affect someone's options. Avoid reducing a difficult situation to "you chose the wrong person again." Reflection should increase understanding, not blame.

Allow evidence to accumulate

A change of behavior matters more when it is sustained. An apology can open a conversation; it does not erase what happened or require you to restore trust immediately. You can take time before deciding what a repeated experience means.

FAMILIAR

RESPECTFUL

WORKABLE

An invitation to notice, not a score or prediction.

Two separate questions

What feels familiar here? What is actually happening that supports or undermines respect, reliability and safety? Write the answers separately.



Attachment and connection

Adult attachment research asks how people experience closeness, dependability and the possibility of separation. It offers a way to understand tendencies, not a personality verdict. [6]

Think in tendencies rather than boxes

Two commonly studied dimensions are attachment anxiety, involving concern about rejection or availability, and attachment avoidance, involving discomfort with dependence or closeness. People can vary along both. Online labels simplify a more complex picture. [6]

A response has a context

You might seek reassurance in one relationship and feel comfortable in another. Stress, previous experiences and the current relationship all deserve consideration. A brief quiz cannot explain an entire history, and these terms are not clinical diagnoses.

Use the idea to ask for what helps

Instead of telling someone "you are avoidant," try describing a situation: "When plans change without notice, I find it hard to know what to expect. Could we agree on how to update each other?" A clear request lets you discuss behavior rather than debate a label.

Change is not a solo assignment

Relationships involve more than one person. You can practice expressing needs, but you cannot make another person available or respectful by choosing perfect words. For persistent distress, a qualified mental-health professional can help you explore the wider picture.

Reflect without diagnosing

When I feel uncertain, do I ask directly, intensify contact, go quiet, or do something else? What response would express my need more clearly?



Boundaries that can be understood

A boundary describes what you are willing to participate in and what you will do to protect that limit. A request asks someone else for a change. Both can be clear without becoming a threat.

Say what you can do

"I can listen now, but I cannot lend money" names your availability. "You must never need help" tries to control another person's needs. Keep the limit specific enough that its meaning can be understood.

Choose a response within your control

"If shouting starts, I will pause this conversation and suggest a time to return" describes your action. Use this only where it is safe and realistic. Do not announce a consequence that you cannot or do not intend to follow.

Leave room for an answer

Someone may feel disappointed or disagree. That does not automatically make the boundary wrong, and a limit does not require their approval to exist. At the same time, both people can decide whether the arrangement works for them.

Safety changes the approach

If there are threats, coercion, stalking or violence, do not treat a boundary script as a safety plan. Seek confidential help from an appropriate local specialist or professional. You do not owe a confrontation to someone whose reaction could endanger you.

MY LIMIT

MY ACTION

YOUR CHOICE

An invitation to notice, not a score or prediction.

Write a small boundary

"I am available for _____. I am not available for _____. If needed, I will _____." Choose a low-risk situation for practice.



Communication patterns

Clear wording can make a concern easier to discuss. Research also shows that communication depends on context: no tone or script is helpful in every situation. Serious problems should not be hidden behind forced positivity. [8]

Describe the event

Less useful: "You never think about me."

More specific: "We changed our plans twice without discussing it. I felt overlooked. Could we decide together next time?"

This gives the other person something concrete to respond to.

Check before concluding

Less useful: "Your silence proves you do not care."

More open: "We have not spoken since yesterday. Are you unavailable, or is something unresolved?"

An explanation is information to consider, not an obligation to ignore repeated behavior.

Pause with a return point

Less useful: disappearing in the middle of a disagreement as punishment.

More workable, where safe: "I need a break. Can we return to this after dinner?"

Agree on a realistic return rather than using a pause to avoid the subject indefinitely.

Listen for the actual request

Before replying, try summarizing what you heard and invite correction. You can understand someone's concern without agreeing with every claim. Then name what you can offer and what still needs discussion.

One conversation

Choose one issue, a suitable moment and a specific request. If discussion repeatedly becomes frightening or degrading, seek support rather than perfecting the script.

Become aware of your own patterns

Choose an everyday incident you feel comfortable reviewing. You do not need to revisit a traumatic experience to use this exercise. Stop if reflection becomes overwhelming.

Separate observation from interpretation

Write what someone said or did without guessing their intention. Then write your interpretation. "The plan was cancelled" and "I do not matter" are different statements. Checking the evidence for an interpretation is a common self-help approach. [9]

Name the response

What emotion did you notice? What did you feel pulled to do? Did you argue, send another message, agree too quickly, withdraw or ask a question? Treat your response as information, without turning it into a criticism of your character.

Look for repetition and exceptions

What situations repeatedly trigger a similar response? What qualities consistently attract you? Which behaviors have appeared in more than one relationship? Also ask when the pattern did not happen. Exceptions can reveal helpful conditions or different choices.

Choose a small alternative

Which boundary is easy to express, and which is difficult? What would you like to say earlier next time? Select one action within your control rather than planning to change someone else's personality.

FACT	MEANING
_____	_____
_____	_____
_____	_____
_____	_____

Write only what you want to keep.

Leave room for missing information.

Your notes can remain private.

Keep notes privately

You do not need to send personal relationship details to Martina Inc. Use a private notebook or secure note if you choose to record this exercise.



From a reaction to a clearer choice

The following is an invented everyday example. It shows a way to organize observations, not a clinical assessment or a rule about delayed replies.

The event

A friend has not replied to a proposed plan by the time I expected. We did not agree on a reply deadline.

My first interpretation

"They are avoiding me." I feel disappointed and tempted to send several messages. I recognize that uncertainty has prompted this response before.

What I know and do not know

I know there is no reply yet. I do not know why. They may be busy, unsure about the plan or avoiding a discussion. I can leave the possibilities open while deciding what I need.

One clear action

"Could you let me know by tomorrow afternoon? If not, I will make another plan." This states my practical need without demanding reassurance or pretending I know their motive.

What to review later

Did the message express what I needed? Was the limit workable? Over time, is this a friendship where plans and concerns can be handled respectfully? A single response cannot answer every question.

Your version

Event: ____ Interpretation: ____

Feeling and impulse: ____ Missing information: ____

One reasonable action: ____ What I learned: ____



Your 10-minute harmony check

Use these ten minutes as a gentle review. You can write a few words, think quietly, or discuss a shared space with someone who uses it. Skip anything that does not fit today.

Minutes 0–2 • Arrival and movement

Is a route I use clear and safe? Can I reach essentials? Is there one small obstacle I can remove without disrupting someone else?

Minutes 2–4 • Rest and work

What is the most noticeable source of glare, noise or discomfort? What could I adjust safely? Do I need practical help rather than another organizing task?

Minutes 4–6 • Emotional habits

What feeling has been returning today? What happened before it? Am I treating an interpretation as a known fact? I can notice a feeling without acting on the first impulse.

Minutes 6–8 • Relationships

Is there a request I have left unspoken? Is a limit being respected? Is this a normal disagreement, or do I need support because I feel unsafe?

Minutes 8–10 • One next step

Choose one manageable action and a time to try it. It may be moving an object, asking a question, resting or seeking help. No change is required simply to fill the ten minutes.



1



2



3



4



5



6



7



8



9



10

Minutes for noticing and one manageable choice

Today's note

The thing I noticed: _____

The action I choose: _____

When I will check whether it helped: _____

Your one-week experiment

A week is a convenient review window, not a promise that a new habit will form. Use it to see whether a small change is worth continuing.

Choose a question you can observe

Examples: "Does keeping the entry shelf clear make finding my keys easier?" or "Does stating a reply deadline make planning less uncertain?" Avoid questions that require you to prove a belief or control another person.

Describe the starting point

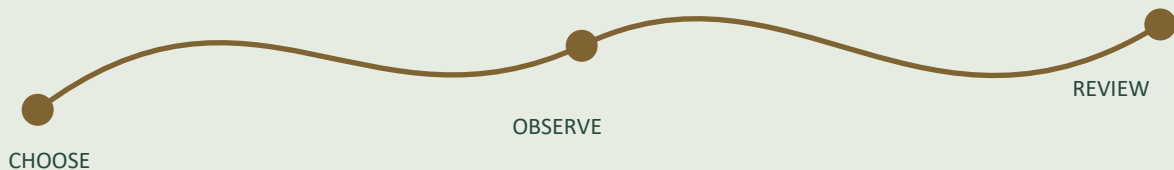
Write what usually happens, the change you want to try and what would count as useful. If possible, change one thing at a time. A change in routine, illness or an unusually busy week may complicate the comparison.

Record briefly

Use three short notes: what I tried, what I noticed, and what else was different. An occasional missed day is information about fit. Make the action smaller if it asks more of you than is realistic.

Review and choose

At the end of the week, keep, adjust or stop the experiment. You might decide that a storage change helps but a journaling routine does not. Your experience guides the next practical choice; it does not establish a scientific finding or a prediction for anyone else.



My experiment

Question: ____

One change: ____

What I will notice: ____

Review date: ____

Keep / adjust / stop, because: ____

Make room for another perspective

You do not need a perfectly arranged home or a complete explanation of your past to make a thoughtful next choice. Begin with something you can observe, then leave space to learn from the result.

Explore Martina Inc.

Visit martinainc.com for current information and available resources. Look for topics on home and workspace, bedroom routines, relationship patterns and communication as the learning collection develops. Choose the subject that meets a real question in your daily life.

A useful next conversation

If you share a home or workspace, invite someone else's perspective: "What makes this space easier or harder for you to use?" For a relationship question, try: "What would help us understand each other more clearly?" Agreement is not guaranteed; listening can still reveal what needs attention.

Educational scope

This guide offers general education and reflective exercises. Feng Shui is presented as a traditional framework, not scientifically established prediction or treatment. Practical suggestions are not a building, accessibility or safety assessment. Psychology material is not diagnosis, therapy or personalized mental-health care.

When to seek other support

Persistent sleep difficulties, distress or problems that interfere with daily functioning deserve appropriate professional advice. If a relationship involves danger or coercion, prioritize safety and suitable specialist help. Neither an arrangement of objects nor a communication exercise can guarantee wealth, health, healing or relationship success.



Stay in touch

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Tradition and everyday environments

Sources were checked on 5 October 2026. Numbered references identify the basis for factual context. Martina Inc.'s examples, exercises and room diagrams are original educational material; they have not been clinically tested.

[1] The Metropolitan Museum of Art

Nature within Walls: The Chinese Garden Court. Cultural context for Chinese gardens and Feng Shui; not evidence of health or financial effects.

[Open source online](#)

[2] International Feng Shui Guild

Feng Shui Glossary. Practitioner terminology and variation among traditions; not scientific validation. No definitions or diagrams reproduced.

[Open source online](#)

[3] Centers for Disease Control and Prevention

About Sleep. Public-health guidance on regular sleep routines and a comfortable, quiet bedroom.

[Open source online](#)

[4] National Heart, Lung, and Blood Institute

Insomnia: Treatment. Persistent insomnia may need treatment; general bedroom changes do not replace clinical care.

[Open source online](#)

[5] Occupational Safety and Health Administration

Computer Workstations: Workstation Environment. Practical guidance on glare, lighting, ventilation and workstation surroundings.

[Open source online](#)

How to use these sources

The museum resource provides cultural context. The practitioner glossary describes beliefs and terminology. CDC, NHLBI and OSHA provide health or environmental guidance. These sources do not validate one another's claims.



Relationships and everyday habits

Research describes tendencies across people and situations. It cannot identify a stranger's motives or tell you what decision to make from a short example.

[6] R. Chris Fraley, University of Illinois

A Brief Overview of Adult Attachment Theory and Research. Attachment anxiety and avoidance, relationship expectations, and scope of the research.

[Open source online](#)

[7] Fraley and Roisman (2019)

The development of adult attachment styles: four lessons. Longitudinal research: early experience is one influence rather than a complete explanation of adult attachment.

[Open source online](#)

[8] Overall and McNulty (2017)

What Type of Communication during Conflict Is Beneficial for Intimate Relationships?. Communication effects depend on context; no universal script guarantees a good outcome.

[Open source online](#)

[9] NHS Every Mind Matters

Reframing unhelpful thoughts. Checking interpretations against evidence; a source for general education, not a diagnosis.

[Open source online](#)

[10] Lally and colleagues (2010)

How are habits formed: Modelling habit formation in the real world. Research on repeated everyday behavior in a consistent context; not a study of changing relationship patterns.

[Open source online](#)

About this edition

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