

breaking the cycle

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Discover powerful strategies for breaking the cycle of negative patterns and repetitive behaviors. This guide offers insights on how to break bad habits, fostering personal transformation and enabling you to overcome deeply ingrained patterns for a more fulfilling life.

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Breaking the cycle

Breaking the cycle means ending a repetitive pattern of harmful behavior or thoughts. Examples include: Changing a habit (binging, smoking, alcohol, ...

What Does It Mean to Break the Cycle?

to manage to prevent a particular series of events, usually harmful ones, from being repeated: Fear of another anxiety attack causes more ...

BREAK THE CYCLE | English meaning - Cambridge Dictionary

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