

《双语：克服个坏习惯 做更好的自己》

If you don't smoke or do drugs you may think you're clear of bad habits. But what if you bite your nails or pop gum repeatedly? Bad habits aren't generally dangerous, just annoying to those around you.

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We've got a list of 10 really hard habits to break and ways you might overcome them.

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Let's start the Countdown.

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10. Snacking

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Snacking in front of the TV is often learned from parents. If you find yourself mindlessly snacking in front of the TV, you can look for other ways to make yourself feel better -- hanging out with a friend or going for a walk.

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9. Nail Biting

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Nail biting isn't harmful to your health, but it can make your nails look pretty unattractive. One way to stop the habit is to keep your nails impeccably manicured, so you won't want to ruin them.

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8. Procrastinating

