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The Power of Habit: Why We Do What We Do in Life and Business is a book by Charles Duhigg, a New York Times reporter, published in February 2012 by Random House. It explores the science behind habit creation and reformation. The book has reached the best seller list for The New York Times, Amazon.com, and USA Today. The book was long listed for the Financial Times and McKinsey Business Book of the Year Award in 2012. http://ebookslibrary.club/The-Power-of-Habit-Wikipedia.pdf

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