

HABITS BOOK



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The Power of Habit Why We Do What We Do in Life and

3 out of 5 because the core message is valuable but the style and substance left me shaking my head. Habits play a crucial role in all our lives and the book does well to illustrate that.

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books Develop Good Habits

The book does talk about getting rid of unhealthy habits, but the main purpose of the book is to help people develop positive and long-lasting habits such as eating healthy, meditating, exercising, and increasing productivity.

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The Power of Habit Wikipedia

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.

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