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Duhigg covers three main points in his book which we will cover in this summary; habits of individuals, habits of organisations and the habits of societies. Hopefully, by the time you've finished reading this summary, you'll have the framework necessary to shape, mould and change some of your own habits.

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### **The Power of Habit by Charles Duhigg**

In The Power of Habit, award-winning New York Times business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. With penetrating intelligence and an ability to distill vast amounts of information into engrossing narratives, Duhigg brings to life a whole new understanding of human nature and its potential for transformation.

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### **The Power Of Habit by Charles Duhigg**

The book was long listed for the Financial Times and McKinsey Business Book of the Year Award in 2012.[5] Some of the main concepts Duhigg develops in it are described below.

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### **The Power of Habit Summary Deconstructing Excellence**

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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. 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.  
<http://ebookslibrary.club/The-Power-of-Habit-Wikipedia.pdf>

**Download The Power of Habit Epub By Charles Duhigg**

The power of habit is a business and psychological novel that was published in 2012. The book was authored by Charles Duhigg who is not a professional author but a journalist and reporter in the New York Times who has ventured into non-fiction novel writing with this novel.

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