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Habits play a crucial role in all our lives and the book does well to illustrate that. The problems arise from the constant introduction of new people and irrelevant backstory. Most of it isn't worth remembering and this book fails to create a coherent narrative out of its core ideas. Highly recommend Daniel Ariely as comparison.

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

Sharp, provocative, and useful. Jim Collins Few [books] become essential manuals for business and living. The Power of Habit is an exception.

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The Power of Habit by Charles Duhigg

We visit laboratories where neuroscientists explore how habits work and where, exactly, they reside in our brains. We discover how the right habits were crucial to the success of Olympic swimmer Michael Phelps, Starbucks CEO Howard Schultz, and civil-rights hero Martin Luther King, Jr.

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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.

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The Habit Guide Ebook My Most Effective Habit Methods

The Meditation Habit: How I've set up my meditation habit, what cushion I use, how I sit. Lentils recipe video: A video of me making the lentils, tofu and greens recipe I am currently eating every day. The Journal Habit: How I set up my journaling habit and what app I use. Mindful Eating Habit: How I practice mindful eating.

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The 7 Habits of Highly Effective People Wikipedia

The 7 Habits of Highly Effective People, first published in 1989, is a business and self-help book written by Stephen Covey. Covey presents an

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books Develop Good Habits Build a Great Life

When envisioning a master list of the 'best habit books' the titles on this page immediately jumped to my mind.

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The Habit by Susan Morse Goodreads Share book

Reading "The Habit" was like sitting at a cozy caf with a good friend, drinking coffee, sharing our souls and

lives and laughing our asses off. The book begins and ends within the span of one year, but Susan Morse's narrative on her life, and that of her mother's, covers 150+ years, which gives this very personal account its heart and soul.

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