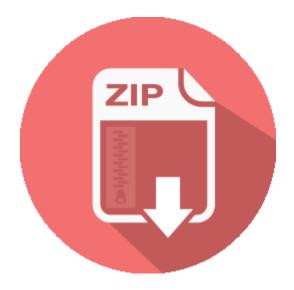
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This article was adapted from Duhigg s New York Times bestseller, The Power of Habit: Why We Do What We Do in Life and Business (Random House, 2012).

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