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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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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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Book Summary The Power of Habit Charles Duhigg

Charles Duhigg's The Power of Habit is a primer and guide for anyone that is fascinated by or has struggled with habits, cravings and willpower.

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