

The Power Of Habit

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The Power of Habit starts with the most important section: what habits are, and how habits exist in individuals. This is the core of the book and really worth paying attention to. What are Habits? You think you're making decisions all day, but more than 40% of the actions you take each day are actually habits.

The Power of Habit: Charles Duhigg at TEDxTeachersCollege

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

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The Power of Habit by Charles Duhigg

The Power Of Habit claims to be a book that is key for the reader to learn how to make good habits. Such as habits to help a person to exercise, lose weight, raise children, and build a business. Author Charles Duhigg describes that making smaller good habits will help change the bad ones. I listened to the audio version of The Power Of Habit.

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