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discusses the  
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changes in our  
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"As people  
strengthened their  
willpower muscles  
in one part of their  
lives—in the gym, or

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a money management program—that strength spilled over into what they ate or how hard they worked.

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in Life and Business  
is a book by Charles  
Duhigg, a New York  
Times reporter,  
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February 2012 by  
Random House. The  
Habit loop is a  
neurological pattern  
that governs any  
habit.

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contains an  
exhilarating  
argument: The key  
to exercising  
regularly, losing  
weight, raising  
exceptional

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children, becoming  
more productive,  
building  
revolutionary  
companies and  
social movements,  
and achieving  
success is  
understanding how  
habits work. Habits  
aren't destiny.

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explores the  
scientific elements  
behind habit and  
reformation.

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In this ingenious

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Charles Duhigg  
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combines  
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with insightful...

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New York Times

Habit loops,  
experiments on  
monkey brains - the  
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formation is both  
fascinating and  
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break down five of  
the most important  
lessons in "The  
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Best ... - The Power  
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The Power of Habit  
explores the science  
behind habit  
creation, formation  
and change,  
including tips and  
advice on how to  
change our habits  
and make them  
stick.

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Why We Do What  
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Business is a book  
by Charles Duhigg,  
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reporter, published  
in February 2012 by  
Random House. It  
explores the science



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Charles Duhigg  
New York Times

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“A movement starts because of the social habits of friendship and the strong ties between close acquaintances. It grows because of the habits of a community, and the weak ties that hold neighbourhoods and clans together.

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The Power of Habit  
by Charles Duhigg  
is an interesting  
examination of what  
exactly a habit is  
and how we can  
mould, shape and  
change the habits of  
individuals,  
organizations, and  
society.

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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...

How to break habits  
(from The Power of  
Habit by Charles  
Duhigg)



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productivity and The  
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