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The Power of Habit by Charles Duhigg (ebook)

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revolution, and above all success, the right habits can change everything. Habits aren't destiny.

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4 ● THE POWER OF HABIT. The next day, Eugene started vomiting and writhing with stomach cramps. Within twenty-four hours, his dehydration was so pronounced that a panicked Beverly took him to the emergency room.

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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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At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, raising exceptional 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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— Charles Duhigg, The Power of Habit “A habit cannot be eradicated – it must, instead, be replaced.” — Charles Duhigg, The Power of Habit “Habits are most malleable when the Golden Rule of habit change is applied: If we keep the same cue and the same reward, a new routine can be inserted.” — Charles Duhigg, The Power of Habit

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The power of habit is a business and psychological novel that was published in 2012. The book was authored by Charles Duhigg who is not a professional author but a journalist and reporter in the New York Times who has ventured into non-fiction novel writing with this novel.

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The book «The Power of Habit» is one of the most popular bestsellers in the world. The author of the book is Charles Duhigg. The Wall Street Journal and Financial Times called “The Power of Habit” is one of the best books of 2012.

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