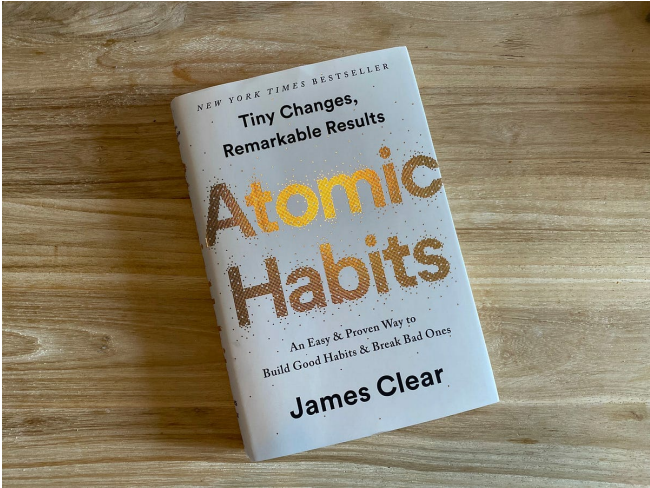


Article

Atomic Habits

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Atomic Habits explores how tiny changes compound into remarkable results over time. James Clear uses scientific research and personal stories to illustrate how habits work. He explains practical methods for building good habits and breaking bad ones. Readers learn how environment and identity shape behavior. The book is a guide to designing systems for lasting success.

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