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The second chapter of the book focuses on The New Habit Formula, a simple three-step process that draws on psychology, behavioural economics and neuroscience to help embed a new behaviour. With nods to Charles Duhigg (The Power of Habit), BJ Fogg (TinyHabits.com) and more, it punctures the myths and lies about habit building and gives you the formula they need.

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The Power of Habit Charles Duhigg

In The Power of Habit, award-winning New York Times business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. With penetrating intelligence and an ability to distill vast amounts of information into engrossing narratives, Duhigg brings to life a whole new understanding of human nature and its potential

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