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Charles is an Author of the power of habit book, about the science of habit formation in human lives, companies and societies and smarter faster better about the science productivity, Charles worked as a Reporter for the New York Times for a decade also won Pulitzer Prize for Explanatory Reporting in 2013.

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The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good. Financial Times A flat-out great read. David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity

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