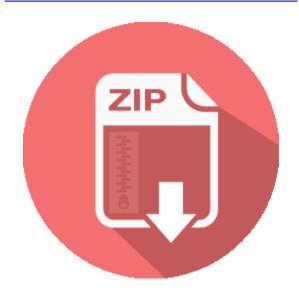
DUHIGG POWER OF HABIT



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The Power of Habit Why We Do What We Do in Life and

Chi Kung Ritual: The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg

(original review, 2012) I was just thinking earlier this week about the 4 dimensions of rituals that Mervin Verbit, a sociologist, wrote about: content, frequency, intensity and centrality.

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