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The book is divided into three parts: The Habits of Individuals, The Habits of Successful Organizations, and the Habits of Societies. Based on studies of animal behavior and human behavior, we (that is rats, monkeys and humans) form habits the same way.

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### **THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE**

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### **The Power of Habit Wikipedia**

The Power of Habit: Why We Do What We Do in Life and Business is a book by Charles Duhigg, a New York Times reporter, published in February 2012 by Random House. It explores the science behind habit creation and reformation.

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