

## **THE POWER OF HABITS**



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The Power of Habit is chock-full of fascinating anecdotes . . . how an early twentieth century adman turned Pepsodent into the first bestselling toothpaste by creating the habit of brushing daily, how a team of marketing mavens at Procter & Gamble rescued Febreze from the scrapheap of failed products by recognizing that a fresh smell was a

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### **The Power of Habit Official Site**

At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work.

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### **The Power of Habit Experience Life**

New York Times reporter Charles Duhigg explores the scientific research about habitual behaviors and what it reveals about how to change them. This article was adapted from Duhigg s New York Times bestseller, The Power of Habit: Why We Do What We Do in Life and Business (Random House, 2012). In

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### **The Power Of Habit Summary Four Minute Books**

The Power of Habit Review Duhigg has managed to combine the scientific research with his own ideas and personal experiences in such a way that the book tells many extremely compelling stories, while teaching you everything you need to know about habits.

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

Judging from the prologue of The Power of Habit: Why We Do What We Do in Life and Business, the first thing necessary in modifying one s behavior is to note the actual components of that behavior. The author cites a visit with a military officer in charge of normalizing a village (Kufa) in Iraq.

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

The Power of Habit contains laymen-friendly explanations drawn from case studies (though presented in a friendly style, not the dry "case study" approach of so many business, legal, and medical textbooks) of how habits form, work, affect our behaviors both as individuals and as corporate bodies, and can change.

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### **Book Summary The Power of Habit Charles Duhigg**

Charles Duhigg s The Power of Habit is a primer and guide for anyone that is fascinated by or has struggled with habits, cravings and willpower.

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