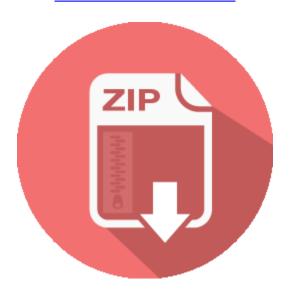
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"The Power of Habit" by Charles Duhigg is a popular book that approaches habits from a more scientific approach, providing a lot of examples and insights that could certainly help you. (Amazon.com: The Power of Habit: Why We Do What We Do in Life and Business)

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## The Power of Habit Official Site

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