

THE POWER OF THE HABIT



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Charles Duhigg is an investigative reporter for The New York Times. He is a winner of the National Academies of Sciences, National Journalism, and George Polk awards, and was part of a team of finalists for the 2009 Pulitzer Prize.

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In The Power of Habit, award-winning New York Times business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. With penetrating intelligence and an ability to distill vast amounts of information into engrossing narratives, Duhigg brings to life a whole new understanding of human nature and its potential

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Habit loops are made of cue, routine, and reward. They start as a conscious decision, but ultimately the loop can reinforce itself. Over time, you may end up losing full control over your behavior with a cue, your brain goes into autopilot and executes the routine.

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Nap Wikipedia

A nap is a short period of sleep, typically taken during daytime hours as an adjunct to the usual nocturnal sleep period. Naps are most often taken as a response to drowsiness during waking hours. A nap is a form of biphasic or polyphasic sleep, where the latter terms also include longer periods of sleep in addition to one single period. Cultural attitudes toward napping during the work day vary.

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The Power of Habit: 7 Steps to Successful Habits 95% of Everything That You Think, Feel, Do, and Achieve is The Result of Habit

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Irenaeus Against Heresies Book 1 Gnosis

From: Ante-Nicene Fathers, Vol. 1. Edited by Alexander Roberts. BOOK I . PREFACE. 1. INASMUCH(1) as certain men have set the truth aside, and bring in lying words and vain genealogies, which, as the apostle says,(2) "minister questions rather than godly edifying which is in faith," and by means of their craftily-constructed plausibilities draw away the minds of the inexperienced and take them

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The Easiest Way to Power Nap wikiHow

Sleep for twenty minutes. This is what most people refer to when they refer to a power nap , and is ideal for most people. In addition to the benefits of shorter naps, a power nap can help the brain rid itself of unnecessary information stored in short-term memory, and can also improve muscle memory.

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