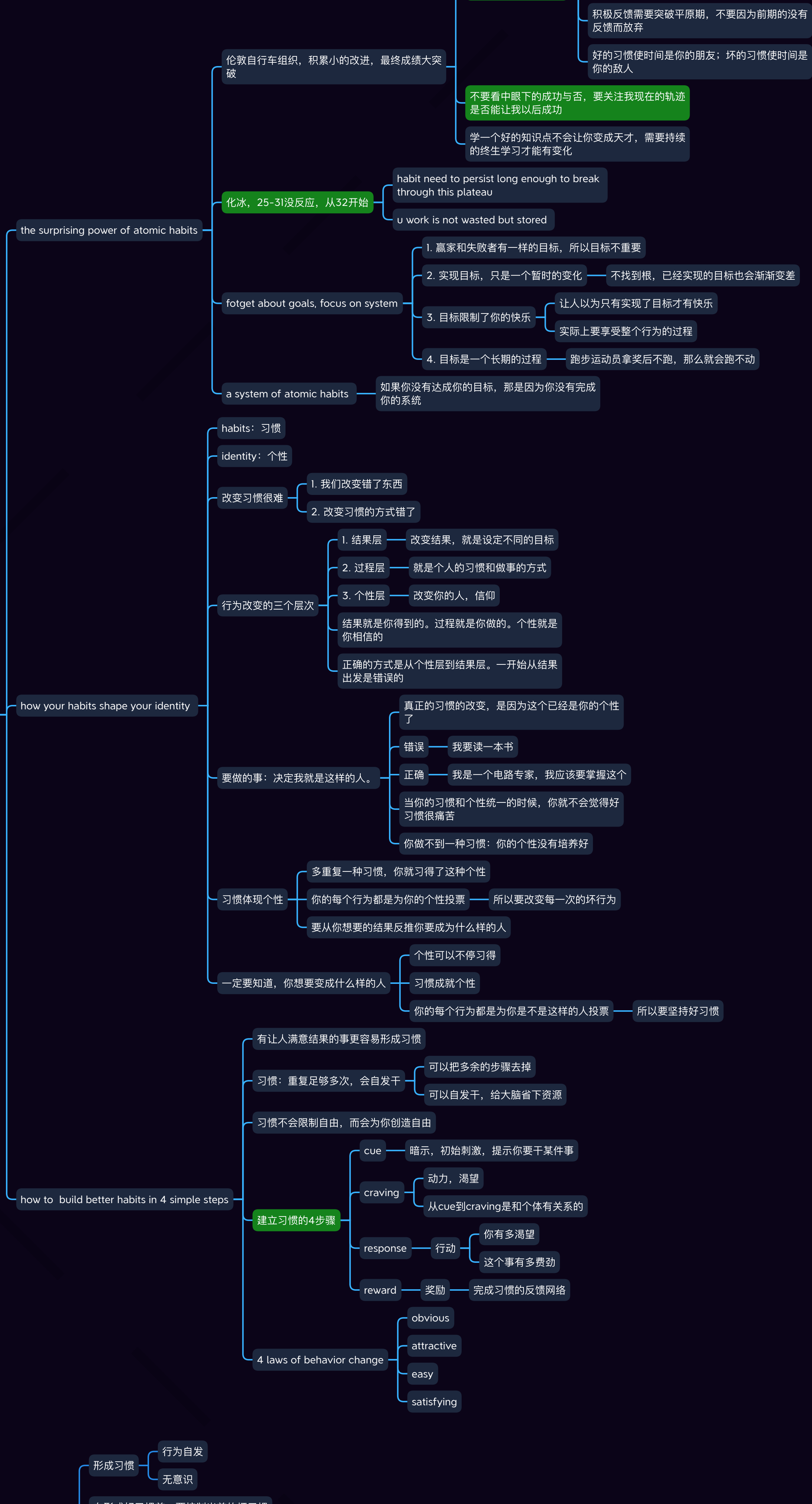


原子习惯

0. Summary



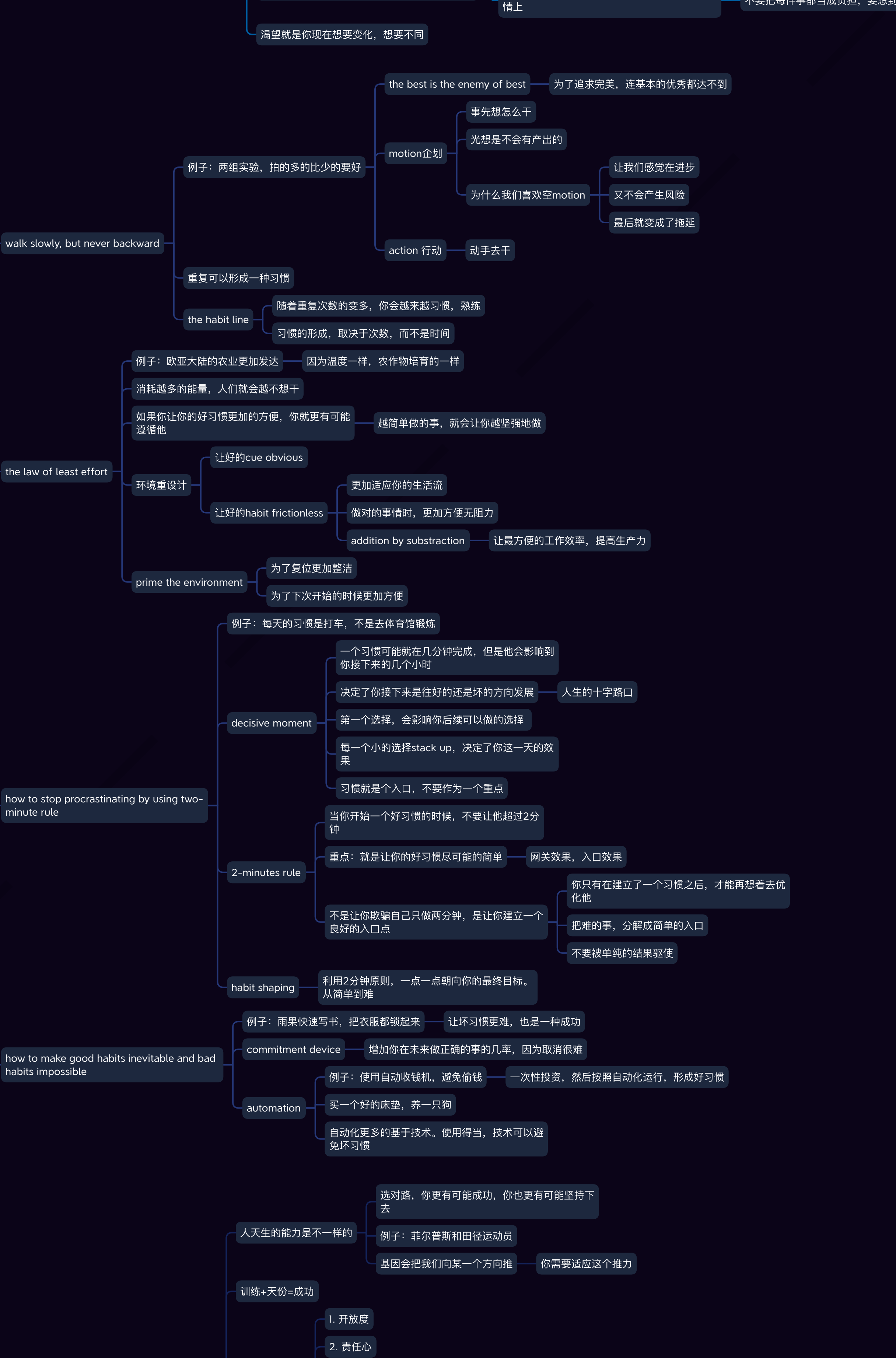
1. the fundamentals: why tiny changes make a big difference



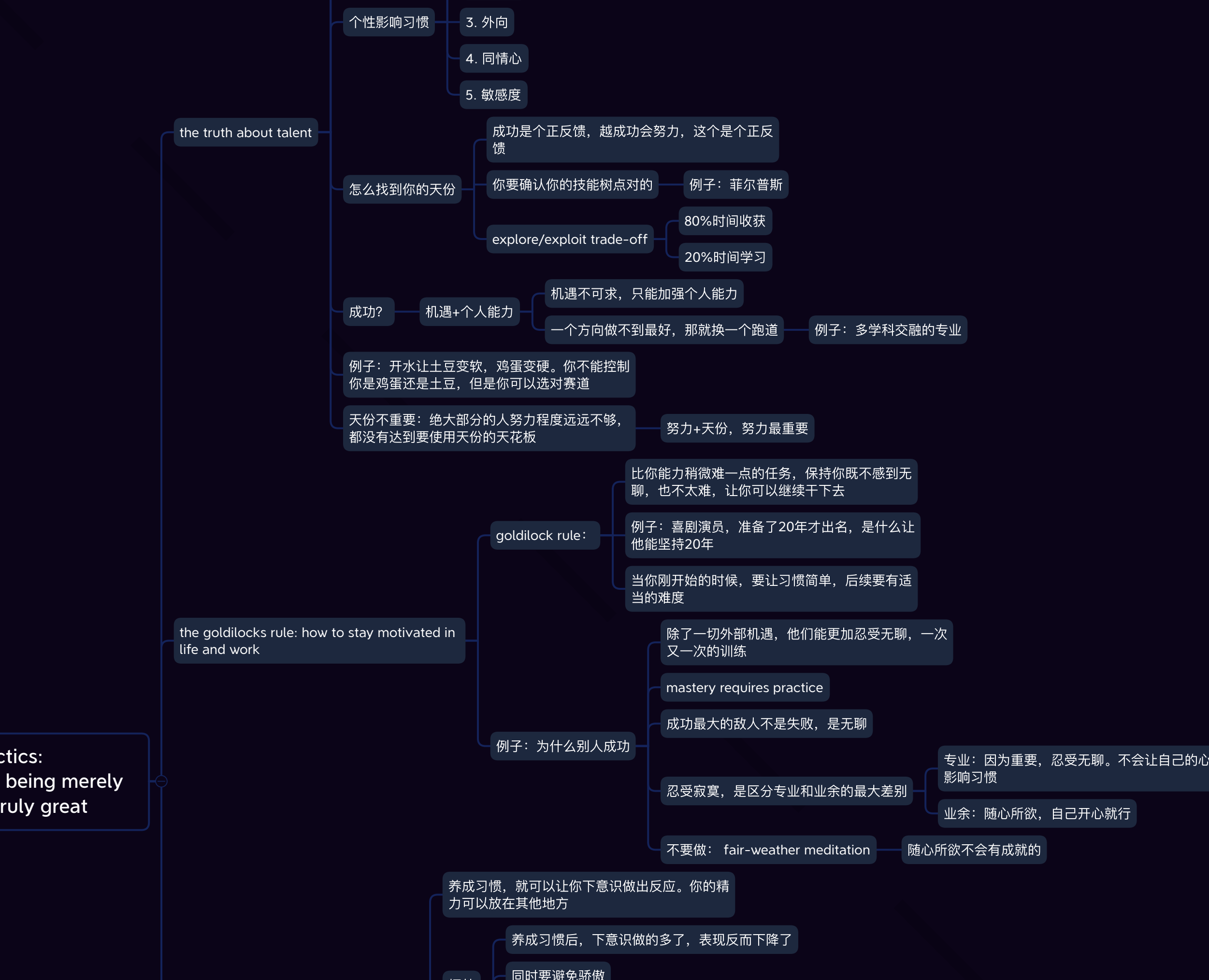
2. the 1st law: make it obvious



3. the 2nd law: make it attractive



4. the 3rd law: make it easy



6. advanced tactics: how to go from being merely good to being truly great



5. the 4th law: make it satisfying

