



CHAPTER ONE



Acknowledgments



Chapter Summary

In this chapter, the author expresses heartfelt gratitude to all who supported him in writing 'Atomic Habits.' He thanks his wife, family, and assistant for their unwavering support and contributions. He acknowledges the influence of notable figures in the field of habits and thanks various editors and reviewers for refining his manuscript. The author also appreciates the publishing team for their dedication and commitment. Finally, he extends his gratitude to the readers for sharing their time with him.



A Heartfelt Thank You



The journey of creating this book was deeply collaborative. I want to start by thanking my wife, Kristy, whose unwavering support was pivotal. Her role encompassed everything from a collaborator to an editor, ensuring that my vision came to life.

Family Support

A massive shout-out to my family, whose encouragement and belief in me fuels my passion. Their consistent love and support have been my anchor through every project.



Assistant Extraordinaire

My assistant, Lyndsey Nuckols, has been indispensable. Her diverse talents and hard work transformed my chaotic efforts into a cohesive narrative. I'm grateful for her support at every step.

Gratitude to Influencers

Several thought leaders influenced my work on habits. I owe inspiration to authors like Leo Babauta and Charles Duhigg, whose ideas enrich this book and are worth exploring.



Appreciating Editors

A big thank you to my editors for refining my drafts and bringing clarity to my message. Their insights helped shape the book into a polished manuscript.

Feedback Matters

I am grateful to all who read early versions of this manuscript. Your feedback has been invaluable in improving the content and making it accessible.

Publication Team

Thanks to the wonderful team at Avery and Penguin Random House. Your commitment and hard work made this book a reality, and I appreciate your patience throughout the process.



"A debt of special thanks to my publisher, Megan Newman."

Encouraging Friends

To all my friends who checked in during the writing process, thank you for your encouraging words. Sometimes, just a kind word can uplift an author facing doubts.



"One kind word can be enough to inspire an author."

Acknowledging the Overlooked



While I've thanked many, I know there are others who contributed to my journey. I keep a list of those who influenced my thinking at jamesclear.com/thanks.

A Special Thanks to Readers



Finally, thank you to you, the reader. Your attention and time are precious, and I am honored that you chose to spend some of it with me and this book.



Recap

- "This book would not exist without my wife's support."
- "The love from my family is a special feeling."
- "Thanks to my editors for transforming my first drafts."
- "Early readers helped enhance this book significantly."
- "A debt of special thanks to my publisher, Megan Newman."



Thank You

Follow for more insights

