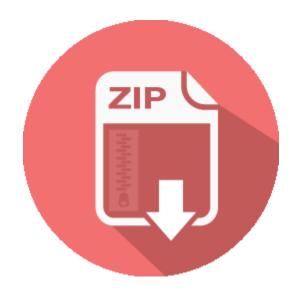
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The Power of Habit is a book by a New York Reporter named Charles Duhigg. The book was published in 2012 by Random House and has achieved the honor of being a New York Times Best Selling book. The book explores the scientific elements behind habit and reformation. So bring some changes in your life and start reading this amazing book today.

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The Power of Habit Wikipedia

The Power of Habit: Why We Do What We Do in Life and Business is a book by Charles Duhigg, a New York Times reporter, published in February 2012 by Random House. It explores the science behind habit creation and reformation. The book has reached the best seller list for The New York Times, Amazon.com, and USA Today. http://ebookslibrary.club/The-Power-of-Habit-Wikipedia.pdf

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The Power Of Habit by Charles Duhigg

The book was long listed for the Financial Times and McKinsey Business Book of the Year Award in 2012.[5] Some of the main concepts Duhigg develops in it are described below. The Habit loop: This is a neurological pattern that governs any habit. It consists of three elements: a cue, a routine, and a reward.

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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

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