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The book does talk about getting rid of unhealthy habits, but the main purpose of the book is to help people develop positive and long-lasting habits such as eating healthy, meditating, exercising, and increasing productivity.

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3 out of 5 because the core message is valuable but the style and substance left me shaking my head. Habits play a crucial role in all our lives and the book does well to illustrate that.

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The Power of Habit by Charles Duhigg

At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work.

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This is The Best Book on Habits I've Ever Read. I'm very lucky I wrote my own book about habits before reading this one. It would have discouraged me from tackling the subject. It's complete. It's sincere. It's witty. It's well researched and to

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