

BOOK HABITS



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The Power of Habit Why We Do What We Do in Life and

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books Develop Good Habits

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The 7 Habits of Highly Effective People Powerful Lessons

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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.

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The 7 Habits of Highly Effective People Wikipedia

The 7 Habits. The book first introduces the concept of paradigm shift and helps the reader understand that different perspectives exist, i.e. that two people can see the same thing and yet differ with each other.

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