

# The Power of Habit - Duhigg, Charles

This book goes over the intricacies of a property in which all humans share. That is the presence of habits.

These habits are pivotal to our daily life and come from some of the most primitive regions of the brain known as the basal ganglia. We follow an individual who had damage to his basal ganglia due to trauma. This individual, while not being able to remember anything past 20 seconds, still had a multitude of habits.

From this we can infer that habits are much more pivotal to our daily life than it would seem whether or not we realize them.

The basis of Habits are as follows:

1. Work in 3-step loops: cue, routine, reward
2. Change habits, by changing routine
3. Willpower is the most important habit but this can be exercised and strengthened over time.



## The golden rule of Habits

The trick to changing a bad habit is to stick to routine and leave everything else intact

### Ways to improve Willpower

1. Do something that requires a lot of discipline
2. Plan ahead for worst case scenarios
3. Preserve Autonomy.

The book also goes over how habits have huge societal implications in a macro sense, from putting out a fire on a London tube, to starting a civil rights movement.

There are some keystone habits, which when constituted have overarching affect in multiple aspects of life due to the multivariate nature of the habit and possible ~~can~~ physiological and psychological changes.

Another point made is the illusion of free will that is created by this high degree of autonomy. Arguing that many virtues and unruly behaviours are a result of autonomous habits rather than conscious decision making. This could be argued for more prevalence and thought put toward yielding to system over an individual.