



Atomic_Habits

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Lucas Duchet-Annez

EPFL 2024/2025 Génie Mécanique Atomic_Habits Lucas Duchet-Annez

1 Chapter 1

- Start small, gradually
- Getting 1% Better each day can accoumulate to an enormous amount of change

Fig. 1 — Improvement or regression by 1% per day over a year

