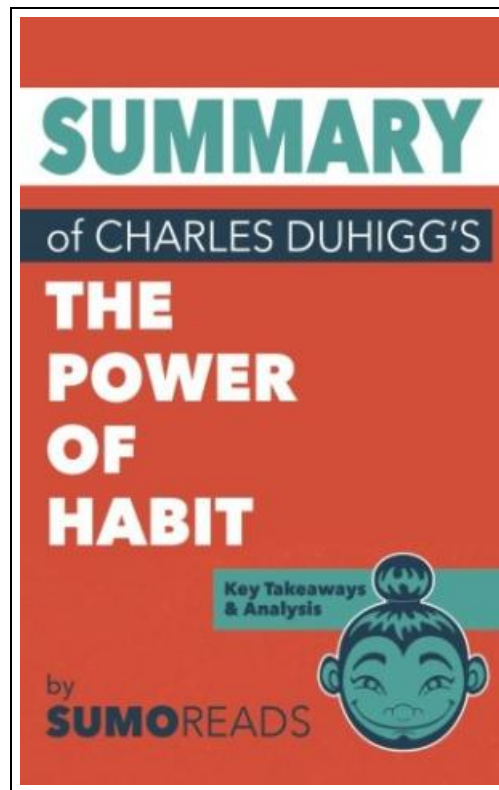


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. Charles Duhigg explores the science of habit in our daily lives from multiple angles in his thought-provoking book, The Power of Habit: Why We Do What We Do in Life and Business. This SUMOREADS Summary Analysis offers supplementary material to The Power of Habit to help you distill the key takeaways, review the book s content, and further understand the writing style and overall themes from an editorial perspective. Whether you d like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary Analysis Include? An Executive Summary of the original book Editorial Review Key takeaways analysis from each chapter Brief chapter-by-chapter summaries A short bio of the the author Original Book Summary Overview The Power of Habit by Charles Duhigg puts the power of behavior change in the hands of the reader. The curtain is pulled back on the origin, structure, and purpose of the habits that keep us, our companies, and our society functioning smoothly. Using examples from some of the most prodigious, profitable, and well-known institutions in the modern era, Duhigg explains our habits in an easy to digest and relatable format. How thoroughly we depend on our habits can be traced back to our evolution. Our habits are instincts that have evolved throughout time to dictate our relationships, our behaviors, and the way we do business. But understanding the nature of our habits is just the beginning. Once we know how...

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