



A Joosr Guide to... **The Power of Habit** by Charles Duhigg: Why We Do What We Do, and How to Change

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Habits don't always have to be a bad thing. You can change your negative habits into positive habits, using their power to make your life simpler and more efficient.

No matter who you are, you've got a habit or two. Habits occur throughout our day, whether we notice them or not, but they don't have to be strictly negative. The Power of Habit shows you how to identify your habits, how they form, and how to remake them into positive habits. You'll learn what triggers your brain, what rewards you crave, and how to use that knowledge to your advantage. Controlling your habits is hard, but the reward is a life that's easier, more efficient, and even healthier!

You will learn:

- How to rewrite your bad habits and how to create brand new good habits
- Why you actually need habits to live a normal life
- How marketers and retailers use your habits against you.

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Gerald Sosa:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity here is look different you can read any book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day long to reading a guide. The book A Joosr Guide to... The Power of Habit by Charles Duhigg: Why We Do What We Do, and How to Change it is very good to read. There are a lot of those who recommended this book. They were enjoying reading this book. Should you did not have enough space to create this book you can buy the e-book. You can m0ore quickly to read this book from a smart phone. The price is not too costly but this book has high quality.

Ernest Tate:

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Tania Hansen:

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