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The Power of Habit by Charles Duhigg

At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work. Habits aren't destiny. As Charles Duhigg shows, by harnessing

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13 Key Insights from Charles Duhigg's 'The Power of Habit

As a reporter in Afghanistan, Charles Duhigg observed the power of habit in successful military operations. He used these observations as an entry into his 2012 New York Times bestseller *The Power of Habit*. The book demonstrates in great detail the science behind how habits impact every aspect of our daily lives.

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

The Power of Habit: Why We Do What We Do in Life and Business, authored by Charles Duhigg, is a New York Times Best-seller book about improving our habits for a better life. Summary of the Book In *The Power of Habit*, the renowned business reporter Charles Duhigg introduces us to the delightful edge of scientific innovations in and exploration

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Charles Duhigg is a Pulitzer Prize winning investigative reporter for *The New York Times* and the author of *The Power of Habit* and *Smarter Faster Better*. He is a winner of the National Academies of Sciences, National Journalism, and George Polk awards.

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