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PLEASE NOTE: This is key takeaways and analysis of the book, The Power of Habit and NOT the original book.

The Power of Habit: Why We Do What We Do in Life and Business (Book Summary)

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"In The Power of Habit, Pulitzer Prize-winning business reporter Charles Duhigg helps us understand why we do what we do along with how we can change the things that we do everyday unconsciously. The original book covers scientific discoveries that explain why habits exist and how they can be changed. The information that the original book contained has been Distilling vast amounts of information into engrossing narratives that take the reader from the boardrooms of Procter & Gamble to sidelines of the NFL to the front lines of the civil rights movement,

The Author presents with a whole new understanding of human nature and its potential. At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

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Inside this WiseMinds Key Takeaways & Analysis of The Power of Habit:

Key Ideas from the Book

Breakdown of the important ideas with related stories

Analysis of Key Ideas

Keywords: The Power of Habit, Charles Duhigg, Rewire and change your brain, Habit forming, Mini Habits, Breaking the Habit, Willpower, Power of Now, The Power of Habit by Charles Duhigg

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