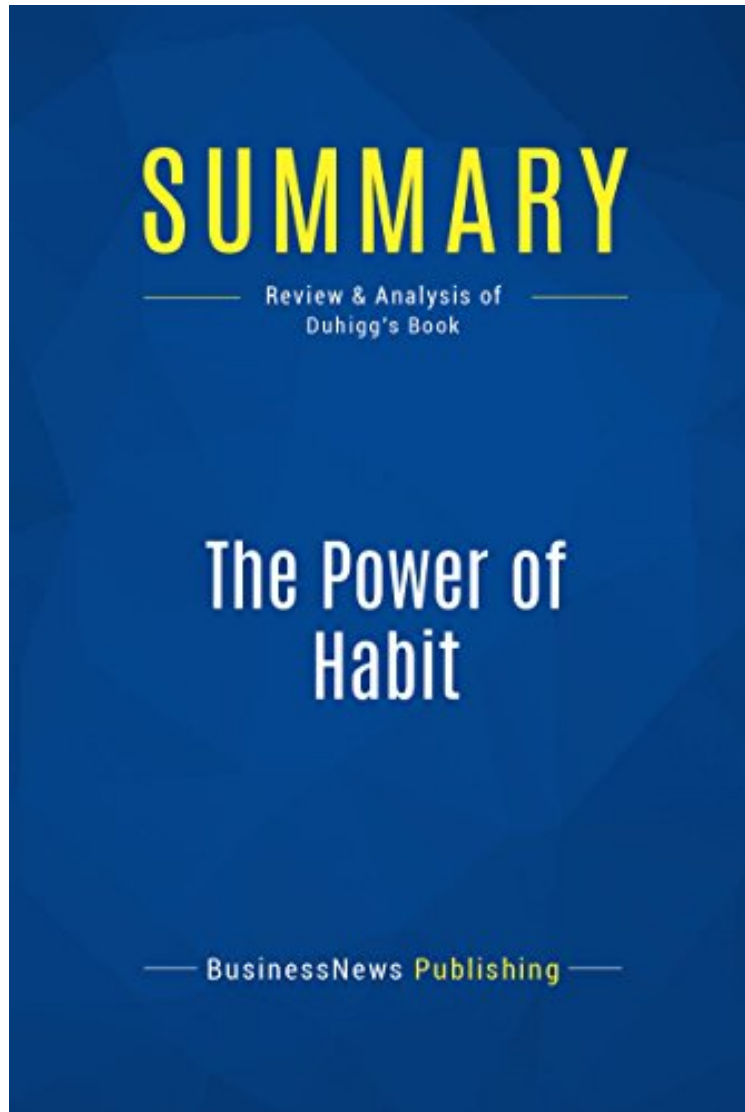


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The must-read summary of Charles Duhigg's book: "The Power of Habit: Why We Do What We Do in Life and

Business". This complete summary of the ideas from Charles Duhigg's book "The Power of Habit: Why We Do What We Do in Life and Business" tells you how you can change your habits for the better just by understanding how they work. There is a basic "Habit Loop" for all habits: cue, routine and reward. According to Duhigg, there are four steps you can follow that serve as a starting point for changing your habits; identify your routines, experiment with different rewards, isolate the trigger and develop a new plan. This process will take time and effort, but it is possible. Added-value of this summary: Save time; Understand how your habits work; Change your habits for the better. To learn more, read "The Power of Habit" to start understanding your habits and gain control!