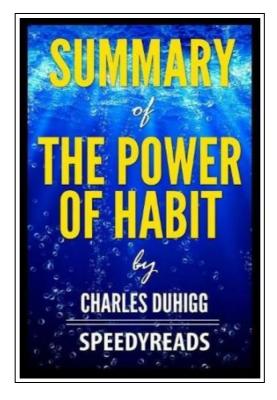
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Blurb, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Wanna Read But Not Enough Time? Then, grab a SpeedyReads of The Power of Habit by Charles Duhigg Now! Here s a sample of what you ll see in this book: PROLOGUE We are introduced to Lisa Allen, a participant in a scientific study centering on how individuals with destructive habits have changed their lives for the better in a relatively short amount of time. We are shown that by beginning by concentrating on one pattern- a keystone habit -we are able to eventually reprogram our minds. As we change the keystone habit, we are setting the course for other habits to be more easily changed, as well. Lisa Allen s keystone habit was smoking. She was able to quit smoking and changing that habit led to other habits being replaced by better, healthier alternatives. The scientists that were mapping Lisa s brain were excited at the information they were finding. It helped them to be able to understand where and how, in our brains, we form our habits, and how those habits can be broken and new ones formed. We are treated to a quote from William James in 1892- All our life, so far as it has definite form, is but a mass of habits. William James, among many others, spent quite a bit of his life attempting to understand habits and why they exist. *this is an unofficial summary of The Power of Habit meant to enhance your reading experience. It is not endorsed, affiliated by of Power of Habit or Charles Duhigg. It is not the full book. Download And Start Reading Now - Even if it s 3 AM! Hurry, Limited Quantities Available! *Bonus Section Included* 100 Satisfaction Guaranteed...



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