

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



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(Dax Herzog)

THE POWER OF HABIT: WHY WE DO WHAT WE DO IN LIFE AND BUSINESS

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Random House Trade Paperbacks. Paperback. Book Condition: New. Paperback. 416 pages. NEW YORK TIMES BESTSELLER In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter and Gamble to sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents 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. With a new Afterword by the author NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal Financial Times Sharp, provocative, and useful. Jim Collins Few books become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good. Financial Times A flat-out great read. David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* You'll never look at yourself, your organization, or your world quite the same way. Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change. The New York Times Book Review Cue: see cover. Routine: read book. Reward: fully comprehend the art of manipulation. Bloomberg Businessweek Absolutely fascinating. Wired This item ships from multiple locations. Your...

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