



Summary : The Power of Habit - Charles Duhigg: Why We Do What We Do in Life and Business

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Complete summary of Charles Duhigg's book: "The Power of Habit: Why We Do What We Do in Life and Business"

This summary of 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: clue, routine and reward. According to Duhigg, there are four steps you can follow that serve as a starting point for changing your habits. This process will take time and effort, but it is possible.

The four steps to changing your habits:

1. Identify your routines
2. Experiment with different rewards
3. Isolate the trigger
4. Develop a new plan

Reasons to read this summary:

- Save time
- Understand how your habits work
- Change your habits for the better

To learn more, read the summary of "The Power of Habit" to start understanding your habits and gain control!

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