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You Simply MUST
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Change Your Life
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Habit: Setting
Up \ "Triggers\ "
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\u0026 Book
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*Summary | Why we
do What we do
and How to*

*Change | Charles
Duhigg ~~How to
break habits~~*

(~~from The Power~~

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of Habit Summary
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Why

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sideways into
Do what in Life
science and
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brain chemistry
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to back up its
key message:
that identifying
and implementing
keystone habits
is the
difference
between success
and failure,
whatever your

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goals. So if
you're a
procrastinator,
or a sleeper-
inner, pick it
up – and see how
quickly you can
morph those
habits into
habitual
success.

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February 2012 by
Random House.
The Habit loop
is a
neurological
pattern that
governs any
habit. It
consists of
three elements:
a cue, a
routine, and a
reward.

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USA Today. It
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achieving success is

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understanding

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“Making your bed

every morning is

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correlated with
better
productivity, a
greater sense of
well-being, and
stronger skills
at sticking with
a budget.” –

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habits offer
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'small wins.'
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life a whole new
understanding of
human nature and
its potential
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transformation.

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understand why
habits are at
the core of
everything you
do, how you can
change them, and
what impact that

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will have on
your life, your
business and
society. Read
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Which Habits

Matter Most 97

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might not be

fast and it

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isn't always
easy. But with
time and effort,
almost any habit
can be
reshaped.” –

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to the sidelines

of the NFL to

the front lines

of the civil

rights movement,

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a whole new
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its potential.

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business topics,

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the concept of
the power of
habit provides a
mechanism to
achieve success.
The book covers
some major
success stories
but at the end
of the day, the
concept applies
in providing
each and every
one of us an

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opportunity to
succeed with
relatively
limited effort.

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achieving success is about understanding how habits work.

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everything.

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to be a road
sign, it needs
to be placed in

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proximity to
traffic.
Inevitably, it
is only a matter
of time before
someone drives
into the pole.
If the pole is
sturdy, the
results may...

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