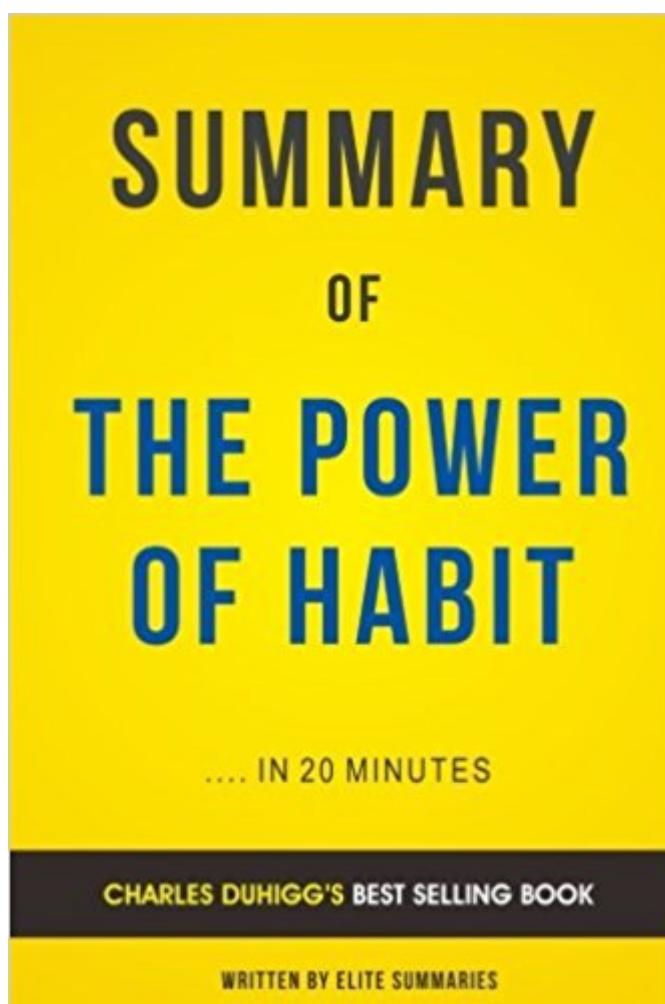


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# The Power Of Habit: By Charles Duhigg | Summary & Analysis



## Synopsis

The Power of Habit: by Charles Duhigg | Summary & Analysis A Smarter You In 15 Minutes  
What is your time worth? A Journey through time to the edge of scientific discoveries that explain why we form habits and how we can change or substitute them for ones we'd like. Duhigg engages the reader beautifully with intriguing anecdotes that delight, amuse and surprise you, whilst giving the gift of vast amounts of insight and information. A truly fresh perspective on the psychology of routine, from the good luck ritual performed religiously by an athlete, to the forefront of revolution, life, in all aspects is driven by this mechanism. Understanding this fully will assist us in improving ourselves, physically, mentally and emotionally, and in turn our lives and our livelihoods in ways we may have always wanted to. Utilising its power can enrich and enhance our communities and quality of life for many more people, and as such this Bestseller is essentially a bible for anybody with a growth mindset. Detailed overview of the book Most valuable lessons and information Key Takeaways and Analysis  
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## Customer Reviews

This is a very short read but at the same time it is packed with good information about habits. Something to think about.

It does give you a lot of information about each chapter but it doesn't go in depth. If you are interested in the subject thoroughly then it's better to buy the full book in my opinion.

Anyone must understand this specific. You will find remarkable methods in addition to facts about tips on how to enhance yourself.

I was looking forward to reading this until I read the prologue where the author summarized a story incorrectly and attributed important change to the local police in Kufa when it was actually a US Major that had created the change. That was a very important part of that story that lead to a greater understanding of certain habits. I closed the book and didn't read any further. I felt that, not only was the reader cheated out of an important part of the book, it was also a poor representation of the truth this book had to offer. If they couldn't get the Prologue right, how could I trust that they got any of the rest of it right?

Great! Straightforward, distinct, and useful. The most effective guides I ever read. I propose that. You will see lifestyle in different ways following this book.

The particular guide, The facility connected with Behaviors, searches for to boost your daily life by and helps to form brand-new habits. Every single brand-new habit that you will build normally takes simple minutes every day. While you start and also carry out every brand-new habit and also get it done everyday. Wonderful tips like it.

Very concise but hits the key points and allows the reader to determine the sections of the book that warrant further reading.

**WARNING: THE AUTHOR DOESN'T EVEN SPEAK ENGLISH.** I've never read a worse summary in my life. Nearly every sentence is replete with grammatical errors or just, frankly, the wrong vocabulary entirely. Whoever wrote this barely speaks English on a functional level, let alone well enough to justify writing anything that is published. It's amazing that allows this scam to exist on its servers. I want my money back, and I'm filing a complaint. See the attached screenshot for a sample of this mess. It's like this throughout.

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