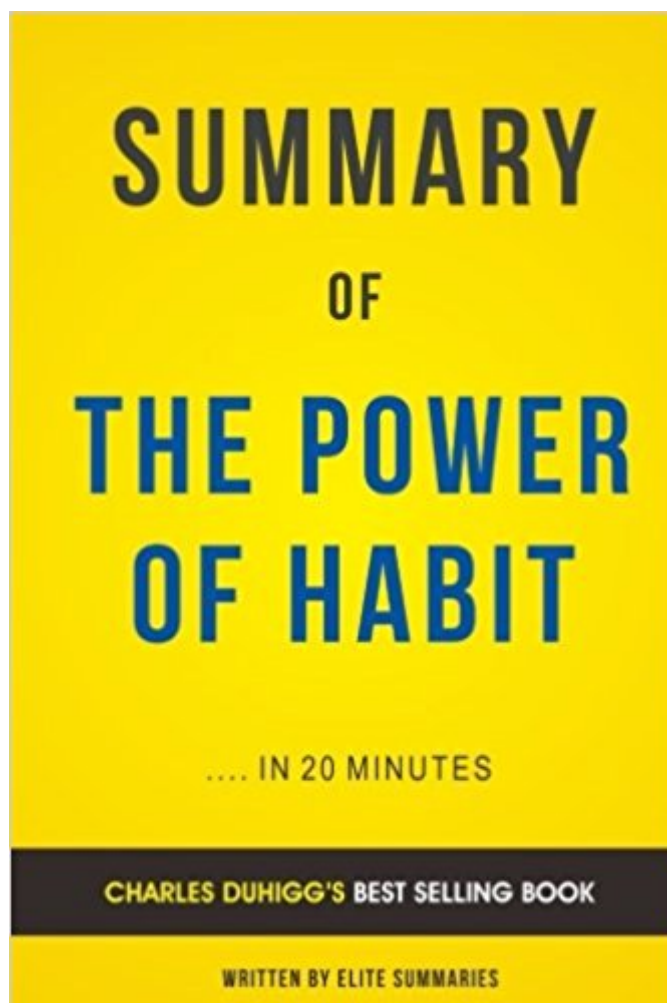


The book was found

# 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 - Take action today and grab this best selling book for a limited time discount of only \$7.99! Written by Elite Summaries Please note: This is a detailed summary and analysis of the book and not the original book. keyword: The power of habit, The power of habit ebook, The power of habit book, The power of habit Summary, Charles Duhigg, the power of habit why we do what we do in life and business, the power of habit by charles duhigg, power of habit kindle

## Book Information

Paperback: 78 pages

Publisher: CreateSpace Independent Publishing Platform (June 13, 2016)

Language: English

ISBN-10: 1534674241

ISBN-13: 978-1534674240

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 3.1 out of 5 stars 24 customer reviews

Best Sellers Rank: #128,896 in Books (See Top 100 in Books) #41 in Books > Arts &

Photography > Performing Arts > Reference #10511 in Books > Humor & Entertainment

## 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.

[Download to continue reading...](#)

The Power of Habit: by Charles Duhigg | Summary & Analysis The Power of Habit, by Charles Duhigg: Book Summary Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Hardcover, Summary, Audible, Novel, Audiobook Book 1) Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback,Hardcover, Summary Book 1) Summary - Circling the Sun: By Paula McLain - A Detailed Summary (Circling The Sun: A Detailed Summary---Paperback, Ebook, Novel, Audiobook, Audible, Hardcover) TIDYING UP: ORGANIZE & DECLUTTER 10 MINUTE CLEANING HABIT:SIMPLE STRESS-FREE HABIT TO SPARK JOY WHEN YOU TIDY UP Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits) Habit 7 Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature) Habit 1 Be Proactive: The Habit of Choice (The 7 Habits) Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature) Habit 3 Put First Things First: The Habit of Integrity and Execution (7 Habits of Highly Effective People Signature) Habit 2 Begin With the End in Mind: The Habit of Vision (7 Habits of Highly Effective People) Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature) Summary of Outliers the Story of Success by Malcolm Gladwell: Book Summary Includes Analysis Summary of Pre-suasion: A Revolutionary Way to Influence and Persuade by Robert Cialdini PhD: Book Summary Includes Analysis Summary: The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung and Timothy Noakes: Understand Main Takeaways and Analysis (Summary Takeaways ... Low Carb, Insulin Resistance, Vegan Diet) Summary of The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van der Kolk, M.D. | Book Summary Includes Analysis Summary of The Inevitable: Understanding the 12 Technological Forces That Will Shape Our Future by Kevin Kelly | Book Summary Includes Analysis SUMMARY: The 48 Laws of Power: by Robert Greene | The MW Summary Guide (Self Help, Personal Development, Summaries) Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

