



The Power of Habit: By Charles Duhigg -- A Full Summary! -- A Why We Do What We Do in Life and Business (The Power of Habit: A Full Summary! -- Why We Do, Audible, Audiobook, Summary, Habit)

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The Power of Habit: A Full Summary!

Another work of Charles Duhigg called The Power of Habit is detailed examination of several case studies about how can habit impact our everyday life. This book contains details and the experiences of individual people, corporations and also many organizations in order to show us why habits are made in the first place and how are they made.

Also, the author shows us that many habits are used in business, for example when people want to attract customers and that if habits are badly managed, it can lead to devastating results both in personal and business life.

According to author, there are case studies that showed that people with unusual habits formed those habits thanks to the neurological mechanism that forms habits in human brain and that human habit is actually, the result of constantly repeating of one event, which is then compromised out of three parts. These parts are a cue, which triggers habit loop, a certain routine for execution and also feedback, or a reward, which then tells to brain that he needs to repeat certain event in order to achieve this reward and/or to get a feedback.

Also, the author says that habits can be changed and that even though a habit can be changed, no habit can be erased completely.

The Power of Habit is more than just scientific work, filled with scientific information. It is also a book that can help us to understand why there are habits in our lives, how are they created, can they be changed and if yes-how can a habit be changed. This book is practical literature with practical approach to a problem, to be precise.

Here Is A Preview Of What You Will Get:

- In **The Power of Habit** , you will get a detailed summary of the novel
- In **The Power of Habit** , you will find some analysis to strengthen your knowledge about the book
- In **The Power of Habit** , you will get some fun multiple choice quizzes, along with answers to help you learn about the novel.

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