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The Power of Habit is a work of nonfiction. Nonetheless, some names and personal characteristics of individuals or events have been changed in order to disguise identities.

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At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work.

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viii Contents 5. STARBUCKS AND THE HABIT OF SUCCESS When Willpower Becomes Automatic 127 6. THE POWER OF A CRISIS How Leaders Create Habits Through Accident

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Charles Duhigg is a reporter for The New York Times, and also the author of The Power of Habit, about the science of habit formation in our lives, companies and societies. If you haven't yet read The Power of Habit, you should definitely check it out!

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The Power of Habit Why We Do What We Do in Life and Business book is written by famous prize winning American Journalist and non-fiction book writer Charles Duhigg. He was born in 1974 in New Mexico. He was born in 1974 in New Mexico.

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Change might not be fast and it isn't always easy. But with time and effort, almost any habit can be reshaped. Charles Duhigg, *The Power of Habit: Why We Do What We Do in Life and Business*