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## Summary:

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Atomic Habits: Tiny Changes, Remarkable Results by James Clear Atomic Habits is the most comprehensive and practical guide on how to create good habits, break bad ones, and get 1 percent better every day. I do not believe you will find a more actionable book on the subject of habits and improvement. If youâ€™re having trouble changing your habits, the problem isnâ€™t you. The problem is your system. Atomic Habits - Quiet Revolution Atomic Habits By James Clear Quiet Revolution is excited to spread the word about James Clearâ€™s new book, Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones. Atomic Habits: An Easy & Proven Way to Build Good Habits ... Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry.

Introducing Atomic Habits | James Clear The book is called Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones (Amazon | Barnes & Noble | IndieBound). It will be published by Penguin Random House on October 16th. I believe Atomic Habits is the most comprehensive and practical guide on how to optimize your habits and get 1 percent better every day. The book draws on proven behavior change ideas from biology, psychology, and neuroscience and explains them in a way that is easy to understand and apply. Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones Audiobook 'James Clear has spent years honing the art and studying the science of habits. This engaging, hands-on book is the guide you need to break bad routines and make good ones.' Adam Grant, author of. Atomic Habits by James Clear | PenguinRandomHouse.com The instant New York Times bestseller Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every... The instant New York Times bestseller Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day.

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