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Duhigg, Charles. The Power Of Habit: Why We Do What We Do In Life And Business / By Charles Duhigg. P. Cm. Includes Bibliographical References And Index. EISBN: 978-0-679-60385-6 1. Habit. 2. Habit—Social Aspects. 3. Change (Psychology) I. Title. BF335.D76 2012 158.1—dc23 2011029545 Illustration On This Page By Andrew Pole All Other Illustrations By Anton loukhnovets Www.atrandom.com V3.1 ... May 2th, 2024

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Habit Making; Habit Breaking

The Power Of Habit: Why We Do What We Do In Life And Business. New York: Random House. * Fiore, N. (2007). The Now Habit. New York: Penguin. * Herbert, W. (2010). On Second Thought: Outsmarting Your Mind's Hard-wired Habits. New York: Broadway Books. Jan 1th, 2024

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