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A Joosr Guide to... The Power of Habit by Charles Duhigg: Why We Do What We Do, and How to Change

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Habits don't always have to be a bad thing. You can change your negative habits into positive habits, using their power to make your life simpler and more efficient.

No matter who you are, you've got a habit or two. Habits occur throughout our day, whether we notice them or not, but they don't have to be strictly negative. The Power of Habit shows you how to identify your habits, how they form, and how to remake them into positive habits. You'll learn what triggers your brain, what rewards you crave, and how to use that knowledge to your advantage. Controlling your habits is hard, but the reward is a life that's easier, more efficient, and even healthier!

You will learn:

· How to rewrite your bad habits and how to create brand new good habits

· Why you actually need habits to live a normal life

· How marketers and retailers use your habits against you.

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