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 with lots of practice. Tasks that seem  
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and for empowering people to transform their lives, it was nominated for the 2012 Financial Times and McKinsey Business Book of the Year.

The Power of Habit. 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. Habits aren't destiny.

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*5 Lessons from "The Power of Habit" by Charles Duhigg*

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### **The Power of Habit Quotes by Charles Duhigg**

The Power of Habit PDF: is a book written by Charles Duhigg in which he has shared "Why We Do What We Do in Life and Business". It is a self-development book where the author has discussed the power of habits.

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Understanding these components can help in understanding how to change bad habits or form good ones.

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One way this happens is with lots of practice. Tasks that seem impossibly complex at first, like learning how to play the guitar, speak a foreign language or operate a new DVD player, become second nature after we perform those actions many times (well, maybe not the DVD player).

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