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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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In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg

presents a whole new understanding of human nature and its potential. *The Power of Habit* The Power of Habit adds very important theory around habits and neuro association which is very useful for your understanding. But also a few more practical tips I didn't see in Robbins. For example Duhigg stresses the need to experiment to pinpoint both cues and rewards (including suggestions to which categories they usually fall into).

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