



The Power of Habit by Charles Duhigg - Why We Do What We Do in Life and Business: An Executive Summary and Analysis

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Your Quick and Simple Summary and Analysis of *The Power of Habit: Why We Do What We Do in Life and Business* by Charles Duhigg

Inside, you'll find:

- An introduction to Charles Duhigg's main concepts
- A 30-second summary of the entire book
- Time-saving chapter summaries
- Discussion questions and commentary
- A guide to additional resources, including helpful articles, books, podcasts, and quizzes

About *The Power of Habit: Why We Do What We Do in Life and Business* by Charles Duhigg

The Power of Habit: Why We Do What We Do in Life and Business is a remarkable resource, using science and empirical data to teach readers why habits exist and how to change them. This is a must-read for any person who wants to truly transform their lives, one habit at a time.

Please note that this summary is NOT the original book and is meant to be read as a supplement to the original.

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