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and failure,
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whatever your
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goals. So if
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you're a
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or a sleeper-
inner, pick it
up – and see
how quickly you

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you know will
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long term, then
you almost need
no will power
to consistently
execute it. For

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example, if you
want to learn
playing the
piano and you
make practicing
it to a habit,
then you don't
need any will
power to get
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piano to
practice.

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in our lives is
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unconscious and
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helping us
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the brain
creates a habit
loop that looks
for a trigger

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to cue a
behavior. To
form a habit
loop, the brain
first looks for
a cue, a
trigger that
tells your
brain when to
begin the next
element, the
routine. Of
course, this

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routine won't
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stick without a
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reward, which
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contains three
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elements. These
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are the cue,
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routine and
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reward. This
loop explains
how habits
form. Firstly,
there is a cue

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or stimulus
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that tells your
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brain to at a
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certain way.
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Then, a routine
is formed since
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you brain
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certain thing
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change your
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habits by
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just one part
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of the loop,
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the routine.
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takes you
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loop that makes
the habits
stick. It is a
response to a

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cue, and if you can break the loop for a few days, you can potentially get rid of the habit. Having said that, you do understand the logic, reason, and science behind the habits.

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huge majority
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a cue, a
Habits Bad
trigger that
Habits
tells your
Bad
brain when to
Habits Power Of
begin the next
Habit Healthy
element, the
Habits
routine. Of
course, this
routine won't
stick without a

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reward, which
Good Habits That
reinforces to
Last For Ever
your brain that
the habit loop
Habits Good
is worth it. Habits
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...

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Habit PDF talks

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about Habit
Good Habits That
Loop which
Last For Ever
contains three
Habits Good
elements. These
Habits Bad Habits
are the cue,
Building Bad
routine and
Habits Power Of
reward. This
Habit Healthy
loop explains
Habits
how habits
form. Firstly,
there is a cue
or stimulus
that tells your

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Your Brain To Act In A
Certain Way.
Then, a routine
is formed since
your brain
responds to a
certain thing
in a set way.
Finally, the
reward is when
your brain gets
to decide if
this habit is

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remembering.
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interesting and
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it changes your
Last For Ever
perception how
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you do what you
Habits Bad Habits
do, or why you
Bad Habits
are who you
are.

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Habits work in
3-step loops:

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cue, routine,
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reward. You can
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change your
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habits by
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substituting
Healthy Bad
just one part
Habits Power Of
of the loop,
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the routine.
Habits
Willpower is
the most
important
habit, and you
can strengthen

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it over time
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with 3 things.
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raising
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children,
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becoming more
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productive,
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building
revolution...

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in Life and ...
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Habit
takes you
Bad
through the
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loop that makes
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the habits
Habit
stick. It is a
response to a
cue, and if you
can break the

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loop for a few
days, you can
potentially get
rid of the
habit. Having
said that, you
do understand
the logic,
reason, and
science behind
the habits.
However, you
get no easy

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pills that help
Good Habits That
you get rid of
Last For Ever
your habits.
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or has
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struggled with
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habits,
Cravings and
willpower. The
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idea that
Habit Healthy
habits are a
Habits
powerful driver
of behaviour is
not a new one.
William James

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was one of many
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to observe
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becoming more
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productive,
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building
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revolutionary
companies and
social
movements, and

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achieving
success is
about
understanding
how habits
work.

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Duhigg is the
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events that
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together to
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are, how they
develop and how
they can be
changed. The
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into three
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