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### **APPENDIX - Charles Duhigg**

The Framework Described In This Appendix Is An Attempt To Distill, In A Very Basic Way, The Tactics That Researchers Have Found For Diagnosing And Shaping Habits Within Our Own Lives. This Isn't Meant To Be Comprehensive. This Is Merely A Practical Guide,

A Place To Start. And Paired With Deeper Lessons From This Book's Chapters, It's A Manual For Where To Go Next. Change Might Not Be ... Apr 20th, 2024

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Most Of The Choices We Make Each Day May Feel Like



The Products Of Well-considered Decision Making, But They're Not. They're Habits. This Chapter Explains Why Habits Exist, And How They Work. At The Core Of Every Habitual Pattern Is A Habit Loop. The Habit Loop Can Be Broken Down Into Three Basic Steps. Feb 15th, 2024

### **Habit Making; Habit Breaking**

The Power Of Habit: Why We Do What We Do In Life And Business. New York: Random House. \* Fiore, N. (2007). The Now Habit. New York: Penguin. \* Herbert, W. (2010). On Second Thought: Outsmarting Your Mind's Hard-wired Habits. New York: Broadway Books. Apr 12th, 2024

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