



The Power of Habit: Why We Do What We Do in Life and Business The Power of Habit

Charles/ Chamberlain, Mike (NRT) Duhigg

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Identifying the neurological processes behind behaviors while explaining that self-control and success are largely driven by habits, a guide by a Yale-educated investigative reporter for The New York Times shares scientifically based guidelines fo

Title: The Power of Habit

Author: Duhigg, Charles/ Chamberlain, Mike (NRT)

Publisher: Random House

Publication Date: 2012/02/28

Number of Pages:

Binding Type: CD/SPOKEN WORD

Library of Congress: bl2012005165

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