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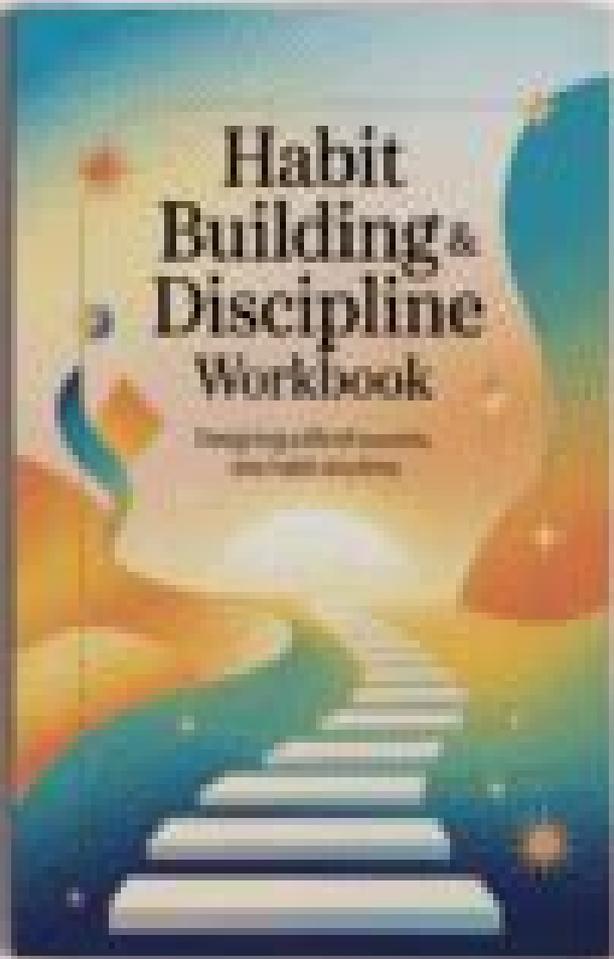


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CHAPTER 1

UNDERSTANDING HABITS

Introduction

What are habits? Why do we have them? How do they form? How can we change them? This chapter explores the science of habits and how they can be used to improve your life.

Understanding the habit loop

Triggers: Identifying the cues that lead to habits

Routines: The actions that form the habit

Rewards: How they reinforce your habits and why they matter

Why do we have habits?

How do habits form?

How do habits change?

How do habits break?

How do habits form?

How do habits change?

How do habits break?

How do habits form?

How do habits change?

How do habits break?

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