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THE POWER OF HABIT: WHY WE DO WHAT WE DO IN LIFE AND BUSINESS

Random House Trade Paperbacks. Paperback. Book Condition: New. Paperback. 416 pages. NEW YORK TIMES BESTSELLER In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter and Gamble to sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a...

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