

the reward of being pdf

Want to change your bad habits? The Power of Habit explains why habits exist and how to change them. Read the best summary PDF of Duhigg's book here.

Best Summary + PDF: The Power of Habit, by Charles Duhigg

6 Strategies to Deal with Problem Behaviors (more specific problem solving help is at the end of the book).
Prevention: Socialization and the creation of a proper living environment are key factors to avoiding problems.

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