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Atomic Habits Tiny Changes Remarkable  
Why Tiny Changes Make a Big Difference 1 The Surprising Power of Atomic Habits 2 How Your Habits Shape Your Identity (and Vice Versa) 3 How to Build Better Habits in 4 Simple Steps The 1st Law Make It Obvious 4 The Man Who Didn ' t Look Right 5 The Best Way to Start a New Habit 6 Motivation Is Overrated; Environment Often Matters More

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Atomic Habits: Tiny Changes, Remarkable Results  
Atomic Habits: Tiny Changes, Remarkable Results by James Clear  
“ A supremely practical and useful book. James Clear distills the most fundamental information about habit formation, so you can accomplish more by focusing on less. ”

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The easiest one is progress, so pick small incremental habits that help you see small changes in your life, but that can over time lead to notable results. Find the satisfaction in each individual habit that you create, and don't put too many at the same time, or you may always be failing one.

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Atomic Habits: An Easy & Proven Way to Build Good Habits ... [Chapter 1] Here we learn the power of compounding effect: changes that seem small and unimportant at any given day will compound into remarkable results if we are willing to stick with them for months and years.

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## Atomic habits : tiny changes, remarkable results : an easy ...

Therefore, an atomic habit refers to a tiny change, a marginal gain, an improvement of 1%. The idea is: if you can become 1% better every day for 1 year, you ' ll end up 37 times better than you were at the beginning of the year. On the other hand, if you become 1% worse every day, you will reach level 0.

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ATOMIC HABITS - Books that can change your life | James Clear  
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