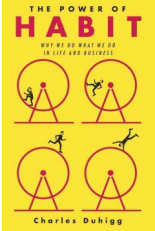


"The Power of Habit: Why We Do What We Do in Life and Business" reviewed by Miriam B on January 9, 2015



[view in catalog](#)

Title:

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

Author:

Charles Duhigg

This is a:

book

Your Review:

All about how we develop habits, why we have habits at all, and how we can make the switch from mediocre to awesome. Once I started reading this book, it was a challenge to put it down. Lots of helpful, practical advice and charts.

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