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Making Habits, Breaking Habits

*Why We Do Things, Why We Don't, and
How to Make Any Change Stick*



JEREMY DEAN

Making Habits Breaking Habits

Michael Rajnik



Making Habits Breaking Habits:

Summary of Making Habits, Breaking Habits by Jeremy Dean QuickRead, Alyssa Burnette, If you've ever wondered why you do the things you do or wished you knew the secret to quickly and effectively revamping your habits this is the book for you Making Habits Breaking Habits 2013 unlocks the science behind the daily habits which control our lives and how they're formed Through this critical exploration Jeremy Dean sheds new light on our choices revealing our tendency to become habit zombies and offering empowering suggestions for breaking the cycle through the conscious formation of healthy habits Do you want more free book summaries like this Download our app for free at <https://www.QuickRead.com> App and get access to hundreds of free book and audiobook summaries **DISCLAIMER** This book summary is meant as a preview and not a replacement for the original work If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be If you are the original author of any book on QuickRead and want us to remove it please contact us at hello@quickread.com *Making Habits, Breaking Habits* Jeremy Dean, 2016 The psychologist behind PsyBlog explores the science of habit and how you can change yours for the better **Making Habits, Breaking Habits** Jeremy Dean, 2012-06-12 Say you want to start going to the gym or practicing a musical instrument How long should it take before you stop having to force it and start doing it automatically The surprising answers are found in Making Habits Breaking Habits a psychologist's popular examination of one of the most powerful and underappreciated processes in the mind Although people like to think that they are in control much of human behavior occurs without any decision making or conscious thought Drawing on hundreds of fascinating studies psychologist Jeremy Dean busts the myths to finally explain why seemingly easy habits like eating an apple a day can be surprisingly difficult to form and how to take charge of your brain's natural autopilot to make any change stick Witty and intriguing Making Habits Breaking Habits shows how behavior is more than just a product of what you think It is possible to bend your habits to your will and be happier more creative and more productive *Summary - Making Habits, Breaking Habits: Why We Do Things, Why We Don't, and How to Make Any Change Stick by Jeremy Dean* MY MBA, 2022-02-18 Our summary is short simple and pragmatic It allows you to have the essential ideas of a big book in less than 30 minutes How to dominate your habits Your life is controlled by your good and bad habits By understanding how habits work you will be able to give up your bad habits and encourage your good ones In this book you will learn What is a habit How is a habit formed How can our habits be so bad How to adopt good habits How do we break a bad habit Our answers to these questions are easy to understand simple to implement and quick to execute Ready to dominate your habits Let's go Buy now the summary of this book for the modest price of a cup of coffee **Summary of Making Habits, Breaking Habits - [Keypoints and Take-aways]** PenZen Summaries, 2022-10-07 Making Habits Breaking Habits summary includes the key points and important takeaways from the book Making Habits Breaking Habits by Jeremy Dean The summary of Making Habits Breaking Habits Why We Do Things Why We Don't and How to Make Any Change Stick

presented here include a short overview at the start and the main points at the end of the summary The Summary of The book Making Habits Breaking Habits gives a comprehensive explanation of habits as well as how they are developed In light of this information it elucidates the means by which we can form healthy habits and break our unhealthy ones thereby bringing about a change in our day to day lives that is both long lasting and beneficial Disclaimer 1 This is an unofficial summary and not intended to replace the original book 2 In this summary key points are rewritten and recreated and no part text is directly taken or copied from original book 3 The purpose of this summary is to highlight the outline and ideas in original book more effectively and to encourage reader to buy the original book We recommend to buy excellent original book 4 The author or publisher of this summary is not associated in any way with the author or publisher of the original book

Making Habits, Breaking Habits Jeremy Dean,2013-01-03 Habits are more powerful than your will if you know how to make them work for you Two strings are hanging from a ceiling one at the centre of the room one near the wall You re asked to tie the strings together but you can t reach both at the same time You look around the room and see a table and a pair of pliers How would you solve the problem When confronted with challenges most people let habits rule them in this case ignoring the pliers the creative tool at your disposal That is not surprising when you realise that at least a third of our waking hours are lived on auto pilot ruminating over past events clicking through websites trawling for updates and the like Such unconscious thoughts and actions are powerful But the habits of the mind do not have to control us we can steer them Drawing on hundreds of fascinating studies psychologist Jeremy Dean the mind behind the hugely popular and insightful website PsyBlog shares how the new brain science of habit can be harnessed to your benefit whether you re hoping to eat moreveg take an evening run clear out your email backlog or be more creative when faced with challenges at work and at home *Principles of character making* Arthur Holmes,1913 Resumen--Making Habits, Breaking Habits MY. MBA,2022

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