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The Power of Habit: Why We Do What We Do in Life and Business is a book by Charles Duhigg, a New York Times reporter, published in February 2012 by Random House.

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I am a follower of Jesus Christ, a husband to Aileen and a father to three young children. I worship and serve as a pastor at Grace Fellowship Church in Toronto

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The power of habit : npr

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The power of habit experience life

This article was adapted from Duhigg's New York Times bestseller, The Power of Habit: Why We Do What We Do in Life and Business (Random House, 2012).

The power of habit - barnes & noble

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