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The Power of Habit steps sideways into science and brain chemistry to back up its key message: that identifying and implementing keystone habits is the difference between success and failure, whatever your goals. So if you 're a procrastinator, or a sleeper-inner, pick it up – and see how quickly you can morph those habits into habitual success.

The Power of Habit: Why We Do What We Do, and How to ...

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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. It explores the science behind habit

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creation and reformation. The book reached the best seller list for The New York Times, Amazon.com, and USA Today. It was long listed for the Financial Times and McKinsey Business Book of the Year Award in 2012.

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