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***The Power of Habit***  
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**Audiobook & Book  
Summary - [ON  
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**The Power of Habit**  
explains **why** habits  
exist, and how to  
change them. Early in  
the book the author  
Charles Duhigg  
introduces ...

**10 simple self-care  
habits for staying  
calm & positive at  
home | stay at home  
with me** Self-care  
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into your daily routine  
to help you stay calm,  
positive & grounded as  
we're all staying ...

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**The Power of Habit** gives  
you an incredibly  
useful framework for  
understanding your  
habits and for changing  
them. In short, you ...

***The Power of Habit |***  
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Why We Do What  
**How Charles Duhigg  
was WRONG | How**

**to Identify and  
Break Bad Habits**

Today's video will help you identify what triggers your habit and how to either change or break the habit. I'll also explain ...

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