

## MAKING HABITS BREAKING HABITS%0A

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[Making Habits, Breaking Habits: How to Make Changes that ...](#)

Making Habits, Breaking Habits distills the results of hundreds of studies containing thousands of participants, to give you a blueprint for how to create a new habit and tackle bad ones, whatever they are, and how to make it automatic so that willpower is no longer an issue.

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Making Habits, Breaking Habits (2013) provides an overview of exactly what habits are and how we form them. Using this knowledge, it reveals how to create healthy habits and tackle the bad ones so that we can experience lasting, positive change in our everyday lives. **MAKING HABITS, BREAKING HABITS - Indigo Chapters**

Buy the Paperback Book Making Habits, Breaking Habits by Jeremy Dean at Indigo.ca, Canada's largest bookstore. + Get Free Shipping on Health and Well Being books over \$25!

[I Birth of a Habit - PsyBlog](#)

The following is an extract from 'Making Habits, Breaking Habits: Why We Do Things, Why We Don't, and How to Make Any Changes Stick', by Jeremy Dean, creator of PsyBlog.

[Making Habits, Breaking Habits \(Book\) | Fraser Valley ...](#)

I read two books on the topic of habits, "Making Habits, Breaking Habits" and "The Power of Habit". They both cover more or less that same information but the later has many more interesting stories illustrating the information. **Making Habits, Breaking Habits: Why We Do Things,**

### Why We ...

While *Making Habits, Breaking Habits* is more scientifically grounded and less prone to overly tidy conclusions than Charles Duhigg's 2012 bestseller *The Power of Habit*, Dean's book lacks the