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# **The Power Of Habit Why We Do What We Do And How To Change Hindi Edition By Charles Duhigg**

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**understand why habits are at the core of everything you do how you can change them and what impact that will have on your life your business and society'**

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**explains perfectly how our habits work backed by science research and real life**

**stories Besides the book has provided practical strategies and techniques to apply the**

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Times In The Power of Habit award winning business reporter Charles Duhigg takes us to  
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stop thinking about it but continue doing often every day Author in this book  
examines why some people and organizations struggle to change while others seem to  
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**when we know about them however is within our control and a failure to try and change something you know about'**

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