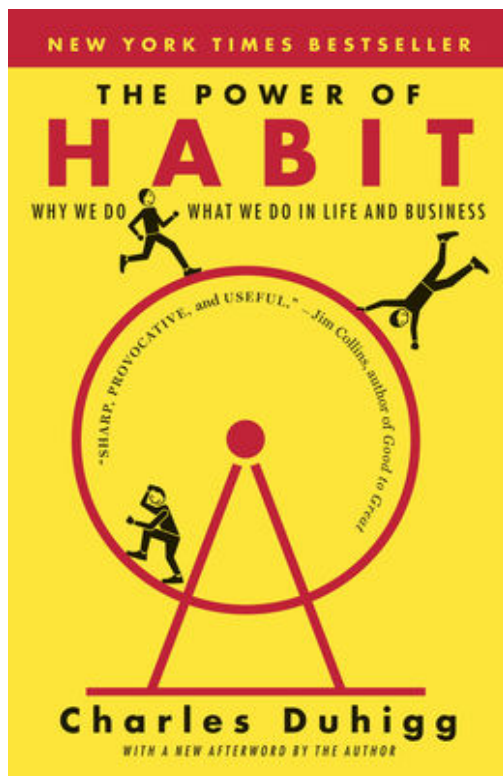


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NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits.

“With the days of pulling all-nighters and eating pizza at 2 a.m. (hopefully) behind your new grad, there’s no time like the present to get into a good routine.”—*Real Simple*

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The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

With a new Afterword by the author

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