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***The Power of Habit* by Charles Duhigg | Digest & Review**

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How many times have you tried to let go of that habit? You ask yourself over and over again as you struggle to let go for the fifth time in 2 years. Charles Duhigg would say that you are missing something in your process to change a habit. There are steps to altering a habit, and if you are serious about modifying your actions to change then you should read his book, *The Power of Habit*.

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