

# Making Habits, Breaking Habits



The Reasons Behind Our Actions, The  
Reasons We Abstain, and Techniques to  
Ensure Lasting Transformation

# Making Habits Breaking Habits

**Eric Strickland Waterhouse**



## **Making Habits Breaking Habits:**

Making Habits, Breaking Habits Jeremy Dean, 2013-01-03 An accessible and informative guide for readers to take control of their lives Publishers Weekly Habits are more powerful than willpower if you know how to make them work for you How long does it take to form a new habit Say you want to go to the gym regularly learn a new language make new friends practice a musical instrument or use your work time more profitably How long should it take before these become part of your routine rather than something you must force yourself to do The unexpected answers are found in Making Habits Breaking Habits a psychologist's eye opening examination of one of the brain's most powerful processes Drawing on the latest research Jeremy Dean explains why seemingly easy habits like eating an apple a day can prove difficult to form and how to take charge of your brain's autopilot to make any change stick Witty and intriguing provocative and practical Making Habits Breaking Habits shows how behavior is more than just a product of what you think It is possible to bend your habits to your will and be happier more creative and more productive Making changes does take longer than we may expect no 30 day 30 pounds lighter quick fix but by following the guidelines laid out by Dean readers have a decent chance at establishing fulfilling new patterns Kirkus Reviews *Summary of Making Habits, Breaking Habits by Jeremy Dean* QuickRead, Alyssa Burnette, If you've ever wondered why you do the things you do or wished you knew the secret to quickly and effectively revamping your habits this is the book for you Making Habits Breaking Habits 2013 unlocks the science behind the daily habits which control our lives and how they're formed Through this critical exploration Jeremy Dean sheds new light on our choices revealing our tendency to become habit zombies and offering empowering suggestions for breaking the cycle through the conscious formation of healthy habits Do you want more free book summaries like this Download our app for free at <https://www.quickread.com> App and get access to hundreds of free book and audiobook summaries DISCLAIMER This book summary is meant as a preview and not a replacement for the original work If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be If you are the original author of any book on QuickRead and want us to remove it please contact us at [hello@quickread.com](mailto:hello@quickread.com) **Making Habits, Breaking Habits** Jeremy Dean, 2013-01-03 Habits are more powerful than your will if you know how to make them work for you Two strings are hanging from a ceiling one at the centre of the room one near the wall You're asked to tie the strings together but you can't reach both at the same time You look around the room and see a table and a pair of pliers How would you solve the problem When confronted with challenges most people let habits rule them in this case ignoring the pliers the creative tool at your disposal That is not surprising when you realise that at least a third of our waking hours are lived on auto pilot ruminating over past events clicking through websites trawling for updates and the like Such unconscious thoughts and actions are powerful But the habits of the mind do not have to control us we can steer them Drawing on hundreds of fascinating studies psychologist Jeremy Dean the mind behind the hugely popular and insightful website PsyBlog shares how

the new brain science of habit can be harnessed to your benefit whether you're hoping to eat more veg take an evening run clear out your email backlog or be more creative when faced with challenges at work and at home *Summary of Making Habits, Breaking Habits - [Keypoints and Take-aways]* PenZen Summaries, 2022-10-07 Making Habits Breaking Habits summary includes the key points and important takeaways from the book Making Habits Breaking Habits by Jeremy Dean The summary of Making Habits Breaking Habits Why We Do Things Why We Don't and How to Make Any Change Stick presented here include a short overview at the start and the main points at the end of the summary The Summary of The book Making Habits Breaking Habits gives a comprehensive explanation of habits as well as how they are developed In light of this information it elucidates the means by which we can form healthy habits and break our unhealthy ones thereby bringing about a change in our day to day lives that is both long lasting and beneficial Disclaimer 1 This is an unofficial summary and not intended to replace the original book 2 In this summary key points are rewritten and recreated and no part text is directly taken or copied from original book 3 The purpose of this summary is to highlight the outline and ideas in original book more effectively and to encourage reader to buy the original book We recommend to buy excellent original book 4 The author or publisher of this summary is not associated in any way with the author or publisher of the original book

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the intricate relationship between neuroscience and behavioral change Unlike traditional self help approaches that focus solely on willpower this book unveils how habits are complex neurological patterns shaped by multiple factors including the crucial role of the basal ganglia in our brain Through a systematic blend of environmental modification behavioral psychology and neuroplasticity principles readers discover evidence based strategies for lasting behavioral change The book s three part structure progressively builds understanding beginning with the fundamental science of habit formation and the habit loop of cue routine and reward It then guides readers through a comprehensive framework for analyzing their own habits and identifying triggers before culminating in practical implementation strategies like habit stacking and environmental restructuring Drawing from decades of behavioral research and recent neuroscience advances the content bridges the gap between academic insights and real world application What sets this book apart is its methodical research based approach that maintains accessibility through clear explanations and practical examples While rooted in peer reviewed research and case studies the content remains engaging and applicable for professionals seeking personal development and individuals struggling with habit change The book acknowledges individual variations in personality and environment emphasizing the importance of personalizing strategies while providing quantifiable metrics for tracking progress

**Change Your Habits, Change Your Life** Ashdin Doctor,2023-02-01 How many times have you tried to make a change in your life but given up after a few attempts How often has it seemed that this pattern repeat itself in anything you try to do in your career relationships health or finances In *Change Your Habits Change Your Life* Ashdin Doctor The Habit Coach™ shares the three Golden Rules for habit change that will help you to get out of a rut Practical and easy to implement these rules will set you on the path to forming clear intentions for personal growth guide you on how to develop the right routines and rituals to achieve your goals and establish a sustainable habit system for a lifetime Packed with inspiring stories of people who have successfully used these methods to transform their lives *Change Your Habits Change Your Life* is the first step to becoming a happier successful and more productive you

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