

Atomic Habits An Easy Amp Proven Way To Build Good Habits Amp Break Bad Ones

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## Summary:

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Live Your Legend | The Deeper Reason Your Habits Matter ... I speak with James Clear, who is my friend and the author of the new book Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones. We talk all about habits (obvi!), identity, behavior and much more.

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