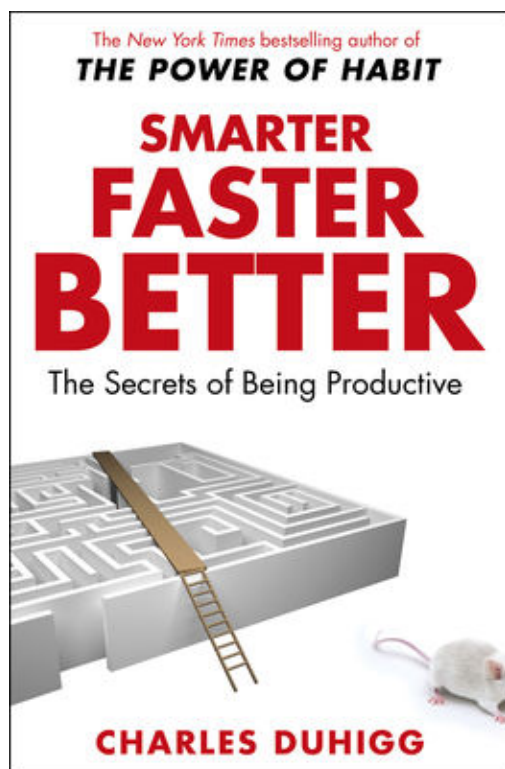


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In his international bestseller *The Power of Habit*, Pulitzer Prize-winner Charles Duhigg explained why we do what we do. Now he applies the same relentless curiosity and masterful analysis to the question: how can each of us achieve more?

Drawing on the very latest findings in neuroscience, psychology and behavioural economics, he demonstrates the eight simple principles that govern productivity. He demonstrates how the most dynamic and effective people - from CEOs to film-makers to software entrepreneurs - deploy them. And he shows how you can, too.

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