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**'The Power of Habit**

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**May 3rd, 2020 - 'Duhigg clearly knows that people do not like or even buy the idea that we're not creatures of choice He carefully explains each step of habit building using science and?the best part?a slew of interesting'**

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**Habit loop is a neurological pattern that governs any habit It consists of three elements a cue a routine and a reward'**

***'REVIEW The Power of Habit Why We Do What We Do in Life***

*May 1st, 2020 - The Power of Habit is not I listened to the audio book while on a week long business trip Duhigg drills down life to this We are all habitual people and our lives are run by a series of mini routines which are triggered by a cue and end with a reward Identify the trigger and you can detour to a different more positive routine'*

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