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A Smarter You In 15 Minutes… What is your time worth?

A Journey through time to the edge of scientific discoveries that explain why we form habits and how we can change or substitute them for ones we'd like.

Duhigg engages the reader beautifully with intriguing anecdotes that delight, amuse and surprise you, whilst giving the gift of vast amounts of insight and information. A trulyfresh perspective on the psychology of routine, from the good luck ritual performed religiously by an athlete, to the forefront of revolution, life, in all aspects is driven by this mechanism.

Understanding this fully will assist us in improving ourselves, physically, mentally and emotionally, and in turn our lives and our livelihoods in ways we may have always wanted to. Utilising its power can enrich and enhance our communities and quality of life for many more people, and as such this Bestseller is essentially a bible for anybody with a growth mindset.

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