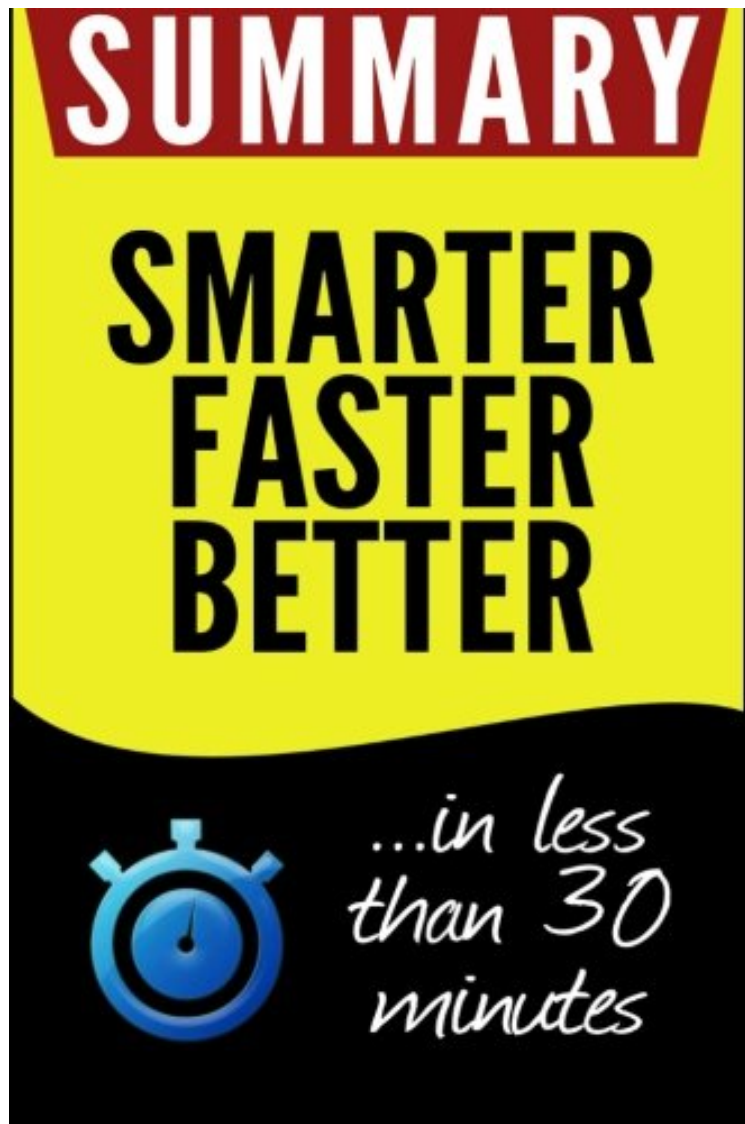


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1 of 1 people found the following review helpful. i read the book itself but it's always nice to get a refresher on the topics By Customervery well written summary on the book. i read the book itself but it's always nice to get a refresher on the topics. pretty much its all about focusing all your energy on the task at hand. its definitely not your typical book on plain motivation the author summarizes the books strategies to keep your wondrous mind focused on achieving whatever it may be. the biggest thing i took from this book is the rituals/planning one must take to set new effective habits

Smarter Faster Better by Charles Duhigg | Book Summary This book instantly catches your attention with relevant and interesting stories about real life situations. Each of these stories lends to the point he is trying to make and heightens the understanding of each productivity tip. He never leaves a story hanging, and gives useful advice throughout each chapter, enhancing it with more stories and results from studies. This book draws upon the knowledge gained from fields such as psychology, neuroscience and even behavioral economics. Throughout each chapter, approaches are discussed that can be easily implemented and improve our lives and lead to success. This book is not just about how to be productive, it provides so much more and guides thought patterns by giving the reader meaningful advice and providing practical and valuable lessons. This book, that encourages effectiveness at all levels will transform your daily activities and can be used to promote productive activities for individuals, groups and businesses alike. You can expect this book to both informative and entertaining and be highly appealing to all who have an interest in improving their productivity and overall success. Here Is A Preview Of What You'll Learn...Creative DestructionMOTIVATIONTEAMSFOCUSGOAL SETTINGMANAGING OTHERSDECISION MAKINGINNOVATIONABSORBING DATAThe Book at A GlanceConclusionFinal ThoughtsNow What? Scroll Up and Click on "buy now with 1-Click" to Download Your Copy Right Now \*\*\*\*\* Tags: smarter faster better, smarter faster better duhigg, smarter faster better by charles duhigg, charles duhigg, the power of habit, organizational behavior, organization