

The Power of Habit: Why We Do What We Do in Life and Business

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✓ Verified Book of The Power of Habit: Why We Do What We Do in Life and Business

Summary:

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Los h bitos empiezan sin que nos demos cuenta, se instalan inadvertidamente y para cuando queremos librarnos de ellos se han convertido en rutinas inamovibles. A veces, surgen de un gesto cotidiano, como la sensaci n de relax que sentimos al llegar a casa y encender la tele. En ocasiones, se trata de h bitos inducidos, como usar dent frico para cepillarse los dientes o utilizar ambientador.

Decidido a desentra ar la psicolog a y la neurolog a de nuestros h bitos m s arraigados, el periodista de investigaci n Charles Duhigg recurre a los m s recientes descubrimientos en materia cerebral para mostrar a los lectores c mo llegar a dominar los resortes que definen nuestras costumbres.

Charles Duhigg no s lo nos ayudar  a cambiar nuestros malos h bitos por otros m s constructivos sino que nos revelar  facetas ocultas de nuestra vida corporativa y social.

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