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Breaking the Death Habit by Leonard Orr - Rivendell Village -

- habit formation, and so we can be relatively confident that your habits follow the same cycle.) Let me show you what the 3 R's look like in real life by applying the framework to a typical habit. (In this case, answering a phone call.) Step One: Your phone rings (reminder). This is the reminder that initiates the behavior.

Transform Your Habits, 2nd Edition - James Clear -

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