

Atomic habits: perubahan kecil yang memberikan hasil luar biasa = Atomic habits: an easy and proven way to build good habits and break bad ones

Clear, James, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20503654&lokasi=lokal>

Abstrak

"No matter your goals, Atomic habits offers a proven framework for getting 1% better every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. In Atomic habits, you'll get a plan that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be readily applied to daily life and work. Here, he draws on ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to vault to the top of their fields. Atomic Habits will reshape the way you think about progress and give you the tools and strategies you need to transform your habits--whether you are an athlete looking to win a championship, an leader hoping to optimize and organization, or an individual who wishes to quit smoking, lose weight, reduce stress, and achieve success that lasts."--Container.