



# **Making Habits, Breaking Habits: Summary of the Key Ideas - Original Book by Jeremy Dean: Why We Do Things, Why We Don't, and How to Make Any Change Stick**

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Habits can be extremely powerful, but not all of them are good. When we try to break old habits and adopt new ones, we often fail, because we lose motivation, forget about our ultimate goal, or for other reasons. In this book, the author explains how habits are formed and gives tips on how to create better ones.

Who should read this book:

- People who want to get rid of bad habits and adopt better ones instead.
- Anyone struggling with keeping to a diet, not getting distracted or procrastinating at work or other habit-related problems.
- People who are interested in understanding how our mind works and how habits are formed.

In this summary:

Chapter 1: Habits are strongly influenced by our environment

Chapter 2: Training new habits requires patience

Chapter 3: Most of our behavior is influenced by our unconscious mind

Chapter 4: We register a number of clues, often without noticing it

Chapter 5: Having certain routines makes us feel safer

Chapter 6: Change a habit by replacing it with a different one

Chapter 7: Performing actions unconsciously can lead to slips

Chapter 8: Habits related to the Internet can turn into addictions

Chapter 9: Use the WOOP method to form a new habit

Chapter 10: Adopt good habits and become happier

Chapter 11: Final Summary

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