



HABITS MASTER SUMMARY [SAMPLE]

by Ivaylo Durmonski

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*Everything you need to know about habits
from the best-selling books on the market
in one major, easy to read, life-changing,
book summary.*

SUMMARY OF:

*Atomic Habits / James Clear
The Now Habit / Neil Fiore
The Power of Habit / Charles Duhigg*

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INTRODUCTION

So, why people in the self-help industry are so freaking obsessed with habits? Why every damn blogger/writer - including me probably in the past - worships the following 2000-year-old quote:

“We are what we repeatedly do. Excellence, is not an act, but a habit.” Aristotle

Because - for reasons explained in details later in this master book summary - habits play a major role in our lives. They represent a large portion of our existence such as spending time sitting on the toilet or using your favorite social media app. Also, unless you've been living under a rock or something, you should know by now that instilling good habits in your life will make you unstoppable badass. A machine in a human body. A pro-athlete or something even greater.

If this is so, why we don't all add good habits into our lives and live happily ever after?

That's a great question reader, right-on!

Because, ugh, I mean, it's darn hard. That's why.

That's why there are more than 746 books published on habits since 1989, more than 135,323 articles, and close to a gazillion of videos on the same subject.

Maintaining good habits means doing few not so pleasant things, which require the use of your mental and usually physical strength, regularly. Like every-single-day kind of regularly. And if for a moment you explore your current daily life, you'll quickly understand why you're still not ultra mega-successful: because you prefer looking at your phone or playing video games instead of working out or reading books. Because, small and unimportant at first changes in your life are unbearable for most people.

Most of us want immediate results and instant emotional stimulus that will aid our broken soul. That's actually the reason why we're so obsessed with social media and video games - these things satisfy our desire for immediate results. And it's quite normal these days to want things now. We're bombarded with flashing pop-stars, teenagers

turned ultra-rich in the blink of an eye, internet famous people who have things and went places you'll only see on your phone. It's kind of natural to start drooling over immediate results.

Fortunately for you reader, you hold this book in your hands. This master book summary covers the key concepts from 3 of the best books on habits and habit change on the market. These three:

- Atomic Habits by James Clear
- The Power of Habit by Charles Duhigg
- The Now Habit by Neil Fiore

But since reading books, not to mention 3, takes a lot of time and effort, like a mad scientist in a basement lab, I've distilled only the important information from these complex books. Below I'm presenting only what matters in a really easy to consume, easy to digest kind of way so you can walk out with actionable steps that can change your life, like, literally.

You'll not only learn how to add better, life-changing routines in your life, but also why you're so obsessed, and why you can't get rid of your destructive behavior and chronic procrastination.

So, hold your pants and get ready to say goodbye to the mindless mining of "exciting" new social media posts. We're going to learn in details how to form good habits and how to finally rid ourselves from all the stupid things we regularly do that only wastes our time.

*This was just a sample.
Get the full book, [here](#).*

ABOUT

About the book and the author (Ivaylo Durmonski)

Hi, I'm Ivaylo Durmonski. I'm a vivid reader and a believer that literature can be used as a tool that can salvage people from suckness. My main goal in this book, as well as on my [site](#), is to give people feeling stuck the information they need to make better decisions in their lives and eventually suck less.

The Habits Master Book Summary was designed to give you all the information you need from the 3 best selling books on the market about habits so you can read everything important in one place.

The key ideas in this master summary are from the following three books about habits:

- Atomic Habits by James Clear;
- The Power of Habit by Charles Duhigg
- The Now Habit by Neil Fiore

Still, the interpretation and the whole structuring of the information are my own.

I'd love to hear what you think about this book. If you're eager to share your thoughts you can send me an email at hi@durmonski.com

Thank you for reading!

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