

THE INTERNATIONAL BESTSELLER

**Tiny Changes,
Remarkable Results**

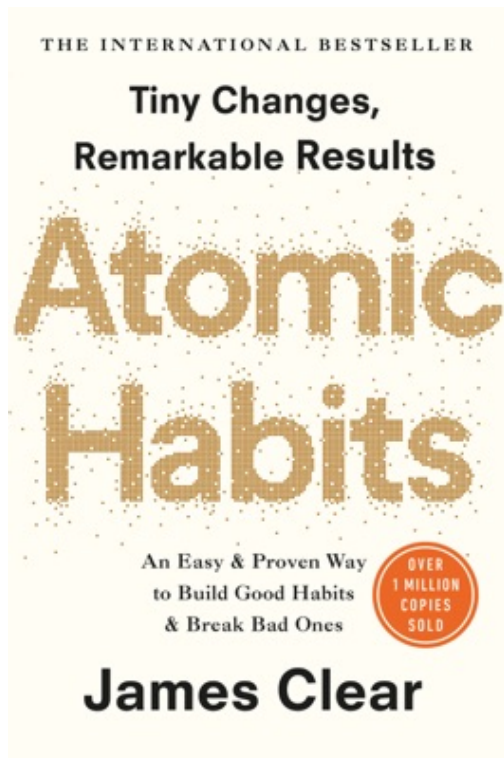
Atomic Habits

An Easy & Proven Way
to Build Good Habits
& Break Bad Ones



James Clear

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Transform your life with tiny changes in behaviour, starting now.

People think that when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions: doing two push-ups a day, waking up five minutes early, or holding a single short phone call.

He calls them atomic habits.

In this ground-breaking book, Clear reveals exactly how these minuscule changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks (the forgotten art of Habit Stacking, the unexpected power of the Two Minute Rule, or the trick to entering the Goldilocks Zone), and delves into.....

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