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the book is dedicated to
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implementing them, and
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Dipanshu Rawal
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Tynan is quite literally, a
guide to becoming the
best version of yourself,
one tiny habit at a time.
Tynan has a useful
section where he breaks
down popular habits. He

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analyses the pros and cons; the feelings you will more than likely feel if you are going through the process of building these specific habits.

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practical nuts and bolts implementing those habits. The second half of the book is dedicated to specific habits in every major area of life, covering the pros and cons of each, the path to implementing them, and specific notes about each one.

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Book Summary:

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Tynan

After many months of being deprioritized due to Sett and other obligations, I've finally finished my new book on habits, Superhuman by Habit. It's available right now on Amazon. I've been writing for nine years now, and a good

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been spent focused on
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Summary) First of all,
what ' s a habit? A habit
is an action that you take
on a repeated basis with
little or no required effort
or thought. The power of
habit lies in the second
part of the definition- the
bit about no required
effort or thought.

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