

# Response

[Linguistics](#), [English](#)



DD Month YYYY THE POWER OF HABIT RESPONSE I do agree with Charles Duhigg thoughts. The took the readers on the exciting journey that explain the existence of habits and how they change. It is true that people can change their human nature and their potential in transforming their lives. The transformation and change are not easy because some companies and persons strive to improve, despite endless trying. Others tend to remake themselves in the shortest time possible. Additionally, some visit the neuroscientist to explore how their habits work and how the habits reside in their brains. These people seek help because they understand how crucial the right pattern influences their daily activity. Prominent people from Michale Phelps, Martin Luther King, Rick Warren to Procter and Gamble, their successes are attributed to the right habits (Duhigg, 36).

The exhilarating arguments portrayed in the book are justifiable. For instance, comprehending how habits how revolves around regularly exercising, raising exceptional children, and losing weight. Other components of proper habits include building revolutionary firms, social movements, and also becoming more productive. It is for this reason that habit is not a destiny. For this reason, harnessing the right pattern can make one transform their lives, communities, and also their businesses.

It is true that an individual who exercise and eat right, are more productive in their respective business. This group of people smoke less and show tolerance and patience with their family and colleagues. These groups tend to use their credit card and say they are less stressed. Just as the author has articulated in the paper exercise is the core issue that triggers a change in an individual (Duhigg, 23).

Works Cited

Duhigg, Charles. *The Power Of Habit*. [Kennett Square, Pa.]: Soundview Executive Book Summaries, 2012. Print.