

## Habit Change

Bad habits (thinking, self-talking, eating, etc) keep us from achieving our goals. So I recommend you learn all you can about how habits are formed, maintained, and changed. My favorites:

James Clear, *Atomic Habits* (New York: Avery Penguin Random House, 2018). So so good!

Gretchen Rubin, *Better Than Before* (New York: Broadway Books, 2015). Lots of great ideas and actionable behaviors. (She admits she's an all-or-nothing person, so she advocates a pretty rigid way of eating that wouldn't work for most of us—our only point of disagreement.)

Charles Duhigg, *The Power of Habit: Why We Do What We Do in Life and Business* (New York: Random House, 2014).

Nir Eyal, *Indistractable: How to Control Your Attention and Choose Your Life* (Dallas: BenBellaBooks, 2019).

Judson Brewer, MD, *The Craving Mind: From Cigarettes to Smartphones to Love—Why We Get Hooked and How we Can Break Bad Habits* (New Haven: Yale University Press, 2017) and *Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind* (New York: Avery, 2021). He's a psychiatrist and a neuroscientist. These two books on changing mental habits, like snacking and anxiety are excellent. His lab has also produced some useful apps you may want to check out.

Mel Robbins, *The 5-Second Rule: Transform Your Life, Work and Confidence with Everyday Courage* (Savio Republic, 2017)