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Superhuman by Habit examines habit building in depth. It covers the principles and philosophies of habit building, as well as the 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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Executive Summary. A habit is an action that you take on a repeated basis with little or no required effort or thought. Building ...

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Action Steps First of all, try to understand if you are someone who will do better at subtracting bad habits, or if you're more... Ask close family and friends what areas of your life they think you could improve on or develop. Sometimes it's a good... Remember to start small, just introduce one or ...

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Without further due, let's get superhuman. 1. Cold Showers. We've talked about this one a lot in recent blog posts and podcast episodes. Cold showering is a superhuman habit in so many ways. Taking cold showers literally changes your biology. There are so many benefits of taking cold showers, some of them include: Reduced stress levels

4 Habits for SUPERHUMAN Performance! — Habithon

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