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Interesting set of eight ideas discussed tone Smarter, Faster and Better. These are a set of disjoint tools that a reader can use one, more or all at once. Personally, I loved the topics on innovation, focus and disfluency.

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In *The Power of Habit*, Charles Duhigg explained why a person does what he does. He is out with a new book this time, entitled— *Smarter Faster Better: The Secrets of Being Productive* and applies same relentless level of details, with numerous research studies and interviews, makes this one too, highly informative.

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Smarter Faster Better: The Secrets of Being Productive in Life and Business From the author of the New York Times bestselling phenomenon *The Power of Habit* comes a fascinating new book that explores the science of productivity, and why, in today ' s world, managing how you think—rather than what you think—can transform your life.

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Number: 9780812993394: Language: English: Awards: Goodreads  
Choice Award Nominee for Nonfiction (2016) category:

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Smarter faster better : the secrets of productivity in ...  
Smarter Faster Better by Charles Duhigg explores 8 different concepts and how they can make a difference to your life. Outlining the 'secrets' to being more productive by starting with motivation, focus, teamwork, goal setting, managing others, making decisions, innovation and finally, absorbing information.

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“ When people believe they are in control, they tend to work harder and push themselves more. They are, on average, more confident and overcome setbacks faster. ” Charles Duhigg, Smarter Faster Better: The Secrets of Being Productive in Life and Business 10 likes

Smarter Faster Better Quotes by Charles Duhigg

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Smarter Faster Better: The Secrets of Being Productive in Life and Business. In *The Power of Habit*, Pulitzer Prize – winning journalist Charles Duhigg explained why we do what we do. In *Smarter Faster Better*, he applies the same relentless curiosity, deep reporting, and rich storytelling to explain how we can improve at the things we do. It ' s a groundbreaking exploration of the science of productivity, one that can help anyone learn to succeed with less stress and struggle, and to get more ...

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In Smarter Faster Better, he applies the same relentless curiosity, deep reporting, and rich storytelling to explain how we can improve at the things we do. It ' s a groundbreaking exploration of the science of productivity, one that can help anyone learn to succeed with less stress and struggle, and to get more done without sacrificing what we care about most - to become smarter, faster, and ...

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