

THE INTERNATIONAL BESTSELLER

Tiny Changes, Remarkable Results

Atomic Habits

An Easy & Proven Way
to Build Good Habits
& Break Bad Ones



James Clear

Atomic Habits - James Clear

Atomic Habits James Clear, **THE PHENOMENAL INTERNATIONAL BESTSELLER: 1 MILLION COPIES SOLD**

Transform your life with tiny changes in behaviour, starting now.

People think that when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions: doing two push-ups a day, waking up five minutes early, or holding a single short phone call.

He calls them atomic habits.

In this ground-breaking book, Clear reveals exactly how these minuscule changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks (the forgotten art of Habit Stacking, the unexpected power of the Two Minute Rule, or the trick to entering the Goldilocks Zone), and delves into cutting-edge psychology and neuroscience to explain why they matter. Along the way, he tells inspiring stories of Olympic gold medalists, leading CEOs, and distinguished scientists who have used the science of tiny habits to stay productive, motivated, and happy.

These small changes will have a revolutionary effect on your career, your relationships, and your life.

A NEW YORK TIMES AND SUNDAY TIMES BESTSELLER

'A supremely practical and useful book.' Mark Manson, author of *The Subtle Art of Not Giving A F*ck*

'James Clear has spent years honing the art and studying the science of habits. This engaging, hands-on book is the guide you need to break bad routines and make good ones.' Adam Grant, author of *Originals*

'Atomic Habits is a step-by-step manual for changing routines.' Books of the Month, *Financial Times*

'A special book that will change how you approach your day and live your life.' Ryan Holiday, author of *The Obstacle is the Way*

[Atomic Habits - James Clear](#)

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THE MOST POPULAR RECIPES FOR YOUR SLOW COOKER FROM AUSTRALIA'S #1 FOOD SITE We're all time-poor in this busy world, so it's no wonder we're turning to slow cookers to make our lives easier. These marvellous appliances offer the benefit of set-and-forget cooking, so you can pile everything into the pot... [Read More...](#)

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THE SUNDAY TIMES BESTSELLER This was no accident... Haunting, compelling, this psychological thriller will have you hooked. Perfect for fans of Gone Girl and Daughter. I know your name's not really Jane Hughes . . . Jane Hughes has a loving partner, a job in an animal sanctuary and a tiny cottage ... [Read More...](#)

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From Australia's bestselling and most trusted cook comes a stunning new book featuring super-fresh, super-fast recipes to help you feel nourished and energised ... and ready to savour life. 'One of the questions I get asked most frequently is if I still cook at home. The answer is yes. Absolutely. As... [Read More...](#)

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Selected for Jamie Oliver's Cookbook Club In Vietnamese , Uyen Luu demonstrates that Vietnamese food is just as easy to whip up as a bowl of pasta - all you need is a good bottle of fish sauce and a little enthusiasm! Uyen shares over 85 of her tastiest recipes - some traditional, some with a moder... [Read More...](#)

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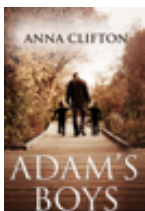
No one is innocent in this story ... The unmissable new standalone from the no.1 bestseller of The Good Turn First Rule: Make them like you. Second Rule: Make them need you. Third Rule: Make them pay. They think I'm a young, idealistic law student, that I'm passionate about reforming a corrupt and brutal... [Read More...](#)

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