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Ep.#735 How to
Instantly Be More
Productive – The
80/20 Principle by
Richard Koch Teams,
psychological safety, and
Saturday Night Live |
Charles Duhigg, The
New York Times
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[Book Review] Charles
Duhigg - Smarter Faster

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SUMMARY/BOOK

REVIEW Smarter

Faster Better Book

Summary (with

drawings) Part 2 | Key

Takeaways | Charles

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~~Duhigg How To Be
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~~LIFE~~ ~~Brually Honest~~
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~~Duhigg Smarter Faster~~
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At the core of Smarter
Faster Better are eight

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key productivity concepts--from motivation and goal setting to focus and decision making--that explain why some people and companies get so much done. Drawing on the latest findings in neuroscience, psychology, and behavioral economics--as well as the experiences of

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In Smarter Faster Better

he finds provocative answers to a riddle of our age. -- Jim Collins,

author of GOOD TO

GREAT There are

valuable lessons in

Smarter Faster Better. . .

I never felt like putting it down., Financial Times

Duhigg brings

impressive reportorial

and narrative skills to

the project., Spectator

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explain why some
people and companies
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findings in neuroscience,
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behavioural economics
– as well as the
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educational reformers,
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explains that the most
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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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The Secrets of Being
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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

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Better, with numerous
research studies and
interviews, makes this
one too, highly
informative.

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author of the New York

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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.

Smarter Faster Better:
The Secrets of Being

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Smarter Faster Better:
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Productive in Life and

Business: Book Format:

Hardcover: Number Of

Pages: 400 pages: First

Published in: March

2016: Latest Edition:

March 8th 2016: ISBN

Number:

9780812993394:

Language: English:

Awards: Goodreads

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Choice Award Nominee
for Nonfiction (2016)
category:

[PDF] Smarter Faster
Better: The Secrets of
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Brief Summary of Book:
Smarter Faster Better:
The Secrets of Being
Productive in Life and
Business by Charles
Duhigg. Here is a quick
description and cover

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Faster Better: The

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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,

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“ When people believe
they are in control, they
tend to work harder and
push themselves more.

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They are, on average,
more confident and
overcome setbacks
faster. ” Charles

Duhigg, Smarter Faster
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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

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groundbreaking
exploration of the
science of productivity,
one that can help
anyone learn to succeed
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struggle, and to get
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In Smarter Faster
Better, Charles Duhigg
sets the table: Various

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advances in
The
communications and
Secrets Of
technology are supposed
Being
to make our lives easier.

Productive
“ Instead, they often
seem to fill o0ur days
with more work and
stress. In part, that ’ s
because we ’ ve been
paying attention to the
wrong innovations.

Amazon.com: Smarter
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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

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sacrificing what we care
about most - to become
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