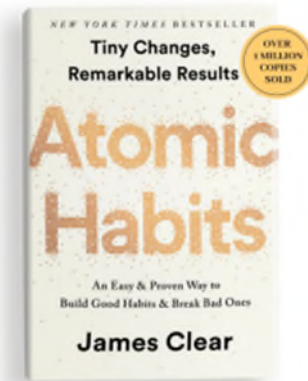




Book: Atomic Habits



Recently, Pastor Robinson recommended to the congregation a book that he had begun reading for the New Year. The book, Pastor said, described how one can make desired life changes not through sweeping resolutions, but instead in 1% increments. The book is *Atomic Habits*, by James Clear, and applying its principles can be a game-changer.

According to Clear, bad habits repeat themselves not because people don't want to change but because they have the wrong system for change. One of the core philosophies of *Atomic Habits* is that people do not rise to the level of their goals, but rather fall to the level of their systems. In *Atomic Habits*, readers find a proven plan that can take them to new heights.

10 Things This Book Teaches:

Learn how to...

1. Build a system for getting 1% better every day
2. Break bad habits and stick to good ones
3. Avoid the common mistakes most people make when changing habits
4. Overcome a lack of motivation and willpower
5. Develop a stronger identity and belief in yourself
6. Make time for new habits (even when life gets crazy)
7. Design an environment to make success easier
8. Make tiny, easy changes that deliver big results
9. Get back on track after falling off course
10. Put these ideas into practice in real life

So, whether your New Year's resolution is to quit smoking, lose weight, reduce stress, or spend more time with your spouse, the tips provided in *Atomic Habits* can help you achieve lasting success.

Atomic Habits can be found on www.amazon.com and www.barnesandnoble.com.

Source: www.jamesclear.com/atomic-habits