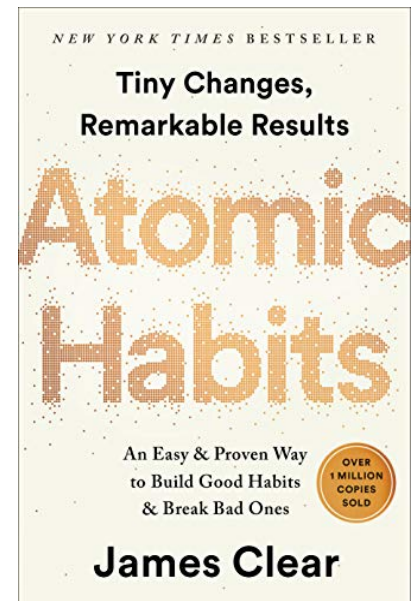


# Atomic Habits Book Summary (PDF) by James Clear

Ready to learn the most important takeaways from Atomic Habits in less than two minutes? Keep reading!



## Why This Book Matters:

Atomic Habits explains the nature of habits, where habits come from, and how to make new habits stick around for good.

## The Big Takeaways:

1. **Impact is made through compact habits.**
  1. If The small things you do on a day-to-day basis can make a huge difference in your life.
2. **We pick up our habits from the moments we live through.**
  1. Our habits are created by trial and error throughout our entire life.
3. **Steadfast signals activate our habits.**
  1. Small things trigger a response that eventually becomes a habit.
4. **Making your habits appealing to you will help them stay.**
  1. Habits starting as a pleasurable experience can help motivate you to repeat it.

**5. When it comes to creating new habits, keep it simple.**

1. The more natural something is to happen, the more likely it is that you will hold onto it as a habit.

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