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Atomic Habits: Tiny Changes, Remarkable Results

Atomic Habits: Tiny Changes, Remarkable Results by James Clear “ A supremely practical and useful book. James Clear distills the most fundamental information about habit formation, so you can accomplish more by focusing on less. ”

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Therefore, an atomic habit refers to a tiny change, a marginal gain, an improvement of 1%. The idea is: if you can become 1% better every day for 1 year, you ' ll end up 37 times better than you were at the beginning of the year. On the other hand, if you become 1% worse every day, you will reach level 0.

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