



trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to write about behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving surgeons, and other people who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:

- make time for new habits (even when life gets crazy)
- overcome a lack of motivation and willpower
- design your environment to make success easier
- get back on track when you fall off course
- ...and much more.

Atomic Habits will reshape the way you think about progress and success, and give you the proven strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

We all relish a good scandal—the larger the figure (governor, judge) and more shocking the particulars (diapers, cigars)—the better. But why do people feel compelled to act out their tangled psychodramas on the national stage, and why do we so enjoy watching them, hurling our condemnations while savoring every lurid detail? With “pointed daggers of prose” (The New Yorker), Laura Kipnis examines how to lay bare the American psyche: what we desire, what we punish, and what we disavow. She delivers virtuoso analyses of four paradigmatic cases: a lovelorn astronaut, an unhinged judge, a venomous whistleblower, and an over-imaginative memoirist. The motifs are classic—revenge, betrayal, ambition, madness—though the pitfalls are ones we all negotiate daily. After all, every one of us is a part of the scandal.

Why incivility at work is a bigger problem than you suspect In an accessible and informative style, Pearson and Porath examine the toll that bad behavior can have on otherwise well-functioning companies. And they reveal strategies that successful organizations are using to stop incivility before it takes hold. Whether it's a standoffish coworker or an arrogant boss, incivility at the office doesn't just hurt the people involved; it hurts an entire company. Consider these statistics: 12 percent of all employees say they've left jobs because they were treated badly. Fortune 1000 executives spend roughly seven weeks per year resolving employee conflicts. And an astonishing 95 percent of Americans say they've experienced rudeness at work. Christine Pearson and Christine Porath examine the devastating toll that bad behavior can have on otherwise well-functioning companies. Combining their own scientific research with stories from fields as diverse as criminology, education, and psychology, they show how to spot the roots of incivility, rip them out, and create a culture of respect. They urge managers to stop making excuses, set a zero-tolerance policy, and lead by example. Bestsellers like The No Asshole Rule and The Power of Positive Psychology are now The Cost of Bad Behavior shows exactly what to do about it.

Timeless lessons on wealth, greed, and happiness

Preventing Bullying Through Science, Policy, and Practice

The Nurture Effect

Parenting Matters

Atomic Habits

The Cost of Bad Behavior