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as the practical nuts  
and bolts implementing  
those habits. The  
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habit is an action that  
you take on a repeated  
basis with little or no  
required effort or  
thought. Building ...

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by Tynan is quite literally, a guide to becoming the best version of yourself, one tiny habit at a time.

Tyne takes you through the process of building habits,

choosing which habits to work on,

maintaining,

regulating, assessing

these habits and

staying accountable

throughout the

journey. Tynan has a

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useful section where  
he breaks down  
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tasks done. Even if we  
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to become  
superhuman?

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One who builds habits  
channels all of his  
excess willpower to

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building habits, which  
pays off later because

he's able to sustain  
those habits without  
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you first miss a habit,  
the next occurrence of  
it should become a top  
priority. You must  
execute on that habit  
at any level possible.  
Do it perfectly if you  
can, but do it terribly if  
that's all you can  
handle.”

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