

20 BEST BOOKS ON BUILDING BETTER HABITS

"I knew that if things were going to improve, I was the one responsible for making it happen."

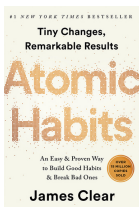
- James Clear, Atomic Habits

Next time you reach for a book, consider its potential to transform your life. Books on developing better habits work much like a personal coach does - making you more aware of your behaviours and thoughts so you can grow and succeed.

Once you understand which habits you want to develop, or which you want to kick, you can take action. Each book in our list has a number of tools and techniques to help you become a better version of yourself.

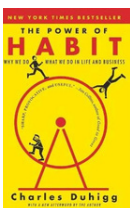
So, start your transformation and pick up a book on habits. It's an easy and effective way to learn and improve while taking a moment for yourself.

Here we've compiled a list of the 20 best books on building better habits:



1 ATOMIC HABITS: AN EASY AND PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES

By James Clear



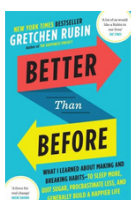
2 THE POWER OF HABIT: WHY WE DO WHAT WE DO IN LIFE AND BUSINESS

By Charles Duhigg



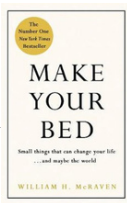
3 TINY HABITS: THE SMALL CHANGES THAT CHANGE EVERYTHING

By BJ Fogg



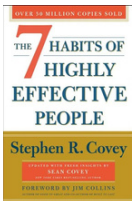
4 BETTER THAN BEFORE: MASTERING THE HABITS OF OUR EVERYDAY LIVES

By Gretchen Rubin



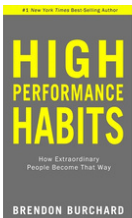
5 MAKE YOUR BED: SMALL THINGS THAT CAN CHANGE YOUR LIFE... AND MAYBE THE WORLD

By William H McRaven



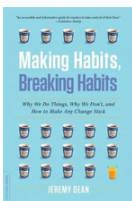
6 THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE: POWERFUL LESSONS IN PERSONAL CHANGE

By Stephen R. Covey



7 HIGH PERFORMANCE HABITS: HOW EXTRAORDINARY PEOPLE BECOME THAT WAY

By Brendon Burchard



8 MAKING HABITS, BREAKING HABITS: WHY WE DO THINGS, WHY WE DON'T, AND HOW TO MAKE ANY CHANGE STICK

By Jeremy Dean



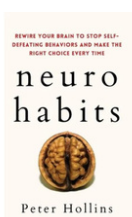
9 MINI HABITS: SMALLER HABITS, BIG RESULTS

By Stephen Guise



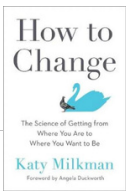
10 HABIT STACKING: 127 SMALL LIFE CHANGES TO IMPROVE YOUR HEALTH, WEALTH AND HAPPINESS

By S.J. Scott



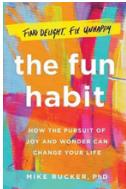
11 NEURO-HABITS: REWIRE YOUR BRAIN TO STOP SELF-DEFEATING BEHAVIOURS AND MAKE THE RIGHT CHOICE EVERY TIME

By Peter Hollins



12 HOW TO CHANGE: THE SCIENCE OF GETTING FROM WHERE YOU ARE TO WHERE YOU WANT TO BE

By Katy Milkman



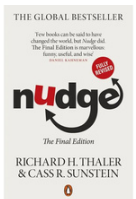
13 THE FUN HABIT: HOW THE PURSUIT OF JOY AND WONDER CAN CHANGE YOUR LIFE

By Mike Rucker



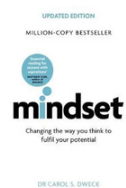
14 THE MIRACLE MORNING: THE 6 HABITS THAT WILL TRANSFORM YOUR LIFE BEFORE 8 AM

By Hal Elrod



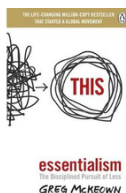
15 NUDGE: IMPROVING DECISIONS ABOUT HEALTH, WEALTH AND HAPPINESS

By Richard H. Thaler and Cass R. Sunstein



16 MINDSET: CHANGING THE WAY YOU THINK TO FULFIL YOUR POTENTIAL

By Carol S. Dweck



17 ESSENTIALISM: THE DISCIPLINED PURSUIT OF LESS

By Greg McKeown



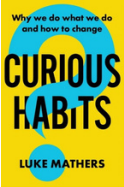
18 THE LEADING EDGE: DREAM BIG, SPARK CHANGE AND BECOME THE LEADER THE WORLD NEEDS YOU TO BE

By Holly Ransom



19 RICH HABITS, POOR HABITS

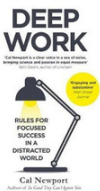
By Michael Yardney and Tom Corley



20 CURIOS HABITS: WHY WE DO WHAT WE DO AND HOW TO CHANGE IF WE WANT TO

By Luke Mathers

Bonus book:



21 DEEP WORK: RULES FOR FOCUSED SUCCESS IN A DISTRACTED WORLD

By Cal Newport

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**DAN
CARTER**

**THE ART OF WINNING:
TEN LESSONS IN LEADERSHIP,
PURPOSE & POTENTIAL**

Former All-Black, author and Unicef Ambassador

LIVE VIRTUAL
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**SETH
GODIN**

THE SONG OF SIGNIFICANCE

Founder of the Carbon Almanac, blogger,
entrepreneur & author

