



Boost: Create Good Habits Using Psychology and Technology

Max Ogles

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Start Creating Habits Today

"One of the most accessible and useful books about habits that I have read." - Amazon Reviewer

In *Habit Boost*, a tech entrepreneur teaches you how to create habits for good using psychology and technology.

You'll read dozens of fascinating stories, from the 13-year-old girl who landed a clothing line at Nordstrom to the little-known origins of the 20th century's most famous Paul McCartney melody. Along the way, take a look at compelling psychological research to learn why charitable people live longer, why you're likely to fail when your willpower is strongest, and much more.

You'll learn:

- **New habit creating principles of personal development for life and work**
- How to create habits of happiness
- **How to increase your personal effectiveness**
- How to motivate yourself to be awesome and feel great
- **The keys to breaking habits that you don't want**

Apply to Your Habits Right Away

The book is simple, direct, and contains valuable insights about creating habits. Each section ends with actionable tasks you can do to apply the principles from the book. Become familiar with the latest habit-forming technology and the psychological principles behind it, on your way to achieving your own good habits.

Includes the Ultimate Guide to Technology and Habits

Along with the book, **you'll receive access to a free guide, *117 Apps to Help You Create Good Habits***, which introduces you to the top apps and services that will help you apply the principles from the book.

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