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Habits are the compound interest of self improvement. Getting 1 percent better every day counts for a lot in the long run. If you get 1% better every day for a year, you will be 37 times better at the end of that year (1.01^{365}). If you get 1% worse every day for a year, you will decline nearly to ...

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If you are like most men, you have strong habits that rivet your attention to the events and tasks of

the day. Days and nights fly by for years, and life slips through your fingers, your attention absorbed in the seeming world of necessary responsibilities. But all of it is empty if we do not live our

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This document explores the power of habits and their impact on personal and professional life.