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key productivity

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Interesting set of
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discussed tone

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and Better. These

are a set of disjoint

tools that a reader

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or all at once.

Personally, I loved the topics on innovation, focus and disfluency.

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In The Power of Habit, Charles Duhigg explained why a person does

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what he does. He is out with a new book this time, entitled— Smarter Faster Better: The Secrets of Being Productive and applies same relentless level of details, with numerous research studies and interviews, makes this one too, highly

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informative.
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phenomenon. The
Power of Habit
comes a
fascinating new
book that explores
the science of
productivity, and
why, in today's
world, managing
how you
think—rather than
what you
think—can
transform your life.

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Format: Hardcover:

Number Of Pages:

400 pages: First

Published in: March

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2016: Latest

Edition: March 8th

2016: ISBN

Number:

9780812993394:

Language: English:

Awards: Goodreads

Choice Award

Nominee for

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Brief Summary of
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Faster Better: The

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Productive in Life

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Charles Duhigg.

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Duhigg explores 8

different concepts

and how they can

make a difference

to your life.

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Outlining the 'secrets' to being more productive by starting with motivation, focus, teamwork, goal setting, managing others, making decisions, innovation and finally, absorbing information.

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“When people believe they are in control, they tend to work harder and push themselves more. They are, on average, more

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faster." — Charles
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applies the same
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that can help

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stress and struggle,

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table: Various

advances in

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our lives easier.

"Instead, they

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often seem to fill

our days with
more work and
stress. In part,
that's because
we've been paying
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wrong innovations.

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