

The Science of Habit Formation: How to Make Habits Stick

By Melkisedeck Leon Shine · August 5, 2023

Healthy Habits and Behavior Change

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? Introduction: As AckySHINE, I am here to share with you the secrets of habit formation and how you can make those habits stick. We all know that forming good habits can be a challenge, but understanding the science behind it can make the process easier and more effective. So, let's dive into the fascinating world of habit formation!

? The Science behind Habit Formation:

? How to Make Habits Stick:

? What are your thoughts on habit formation? Have you successfully formed any habits using these techniques? Share your experiences and opinions below!

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