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Superhuman By Habit: A Guide To Becoming The Best Possible Version Of Yourself, One Tiny Habit At A Time



Synopsis

Our willpower is limited, yet we rely on it every day to get our tasks done. Even if we build willpower slowly over time, it's never enough to reach all of our goals. The solution lies in habit creation, the method by which we transform hard tasks into easy ones, making them automatic and independent of our will power. Each of us has millions of habits, in how we do our work, interact with others, perceive the world, and think about ourselves. Left unexamined, these habits are just as likely to hinder our progress as they are to push it along. Without a deliberate system for building habits, we become our own worst enemy. *Superhuman by Habit* examines habit building in depth. It covers the principles and philosophies of habit building, as well as the practical nuts and bolts implementing those habits. The second half of the audiobook is dedicated to specific habits in every major area of life, covering the pros and cons of each, the path to implementing them, and specific notes about each one.

Book Information

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Customer Reviews

The strength of this book is in its practicality. It's not vague on the details. It's specific in its recommendations and tells you how to do each one as well as what to expect, and when to expect it. Which means I can actually implement this stuff. For example, he talks about building a habit of daily meditation. He gives specifics about how to do this. He tells you why you would want to do this from a practical non-"woo woo" perspective. Then he tells you how long you should follow this practice to start to see results. Without that extra info (which is normally left out by other books), I am usually trying something and then dropping it when I don't see results. Or trying something and

not knowing what results I should be looking for. The first half of the book is focused on the skill of building a habit in general, hacks, and pitfalls to watch out for. It's quite good and thorough on the subject. (I've read a number of habit and behavior change books.) But to me, the second half of the book is the best (though I guess you need the first part to prepare you for the second). The second part is like looking through a list of superpowers and deciding which ones I want to give myself. I was seriously giddy. It's a list of a bunch of different habits that you could build for yourself, why you would want to, how to do it, and what to expect from the results. It's organized by topic with titles in each, so you can skip ones that you already mastered. Again, great book. I'm already trying this stuff out, and more importantly know when I should be expecting to see results.

This is the first book of Tynan's I have read. I have been a follower of his blog for a while, and he has earned my admiration. This book did not disappoint! Although I have had the book for about a week, I just now finished it, even though I am a very fast reader. Why is this? Because when I am reading something I truly enjoy, I don't want the experience to be over, so I drag it out as long as I can! This was such a book. Even though I am quite a bit older than the author, I have found that he has a lot to teach me. He writes not only about how to incorporate new habits into your life, but also why you would want to. As a result of reading this book, I have noted several habits I want - and need - to get moving on. And now I know how best to do just that! In addition, the author gives a list of recommended habits that he thinks will improve anyone's life, and how to go about adding them. Fortunately for me, several of these habits exist already in my repertoire, and I am glad to note that I don't have to or need to "load" them as well. There are a few typos in this book. As a writer myself, I know how hard it is to catch everything. I have no doubt that Tynan will fix the few that have appeared, and I do not find the quantity of typos to be high enough to be distracting. The message he transmits is more important than a few typos (and I don't often say that - those who know me know that I am a harsh critic of errors.) If you have a need, or just a desire, to improve your life, especially if you want to do it in a systematic and orderly way, causing the least trouble for yourself, this is definitely the book for you. I absolutely do recommend it.

I've been reading Tynan's blog since he started it (9ish years) and those familiar with and a fan of his book will not be disappointed:- a more organized, clarified treatise on habits. Ultimately, this stuff is just as good as his blog and his language or tone doesn't change much (although he gets a bit basic at points, likely assuming you haven't been reading his stuff for years already). I feel like I'm sitting down with him and saying "hey, what's with your obsession with habits? why is it such a

big deal in your life and how do you apply this obsession?". And getting a knowledge bomb of an answer. What you really see by the end of the book is#1 How far Tynan has gone to integrate habits & in EVERY form of his life.#2 How obvious the benefits & long term ramifications of this level of intensity & commitment to habits you know matter to you.An example & a clear, interesting, demonstrable explanation for becoming...you know...superhuman by habit.If you're not sure if you'll enjoy the book, just read a half-dozen blog posts at tynan dot com. If you like those, buy the book. If you don't, don't buy it expecting it to be different.Unquestionably worth well more than \$5

Tynan is the most disciplined person I've ever met, and reading a book about how he forms habits is like reading the detailed training secrets of an Olympic gold medalist, or LeBron James. It's a true privilege.In this book, you'll learn:* Why creating habits helps preserve precious willpower reserves* How to be consistent with habits* How to get around the Lazy Brain problem* What to do if you miss a day with your habit* About getting motivated, and how to be intrinsically motivated* How to choose high-priority habits* About the magic of daily habits* Practical advice on many common habits* Some key healthy habitsHonestly, this is the most practical, rubber-meets-the-road advice on habits you'll ever get, from someone who has mastered the science.And in the end, it turns out to be a guide for living well. Must read.

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