



Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear

Reviewed by Rayeden



Self-Help

Give a summary without spoilers!

Atomic Habits is a book which helps provide an understanding of what habits are, how to grow and develop good habits, and especially how to break bad ones.

What drew you to this book?

The storyline drew me to the media because it had a huge connection to my life and how I was driven into bad habits such as using my phone when I wake up or eating unhealthy.

Did it remind you of something that you've previously read?

I would usually read adventurous books so this book is a new genre for me.

To whom would you recommend this book?

I would definitely recommend Atomic Habits to people who are having trouble with establishing good habits or experiencing issues with breaking bad ones. As I'm speaking from experience I want people to acknowledge and take consideration of this book to help them have a deep understanding of habits.

Overall, did you like it and would you recommend it to others?

I didn't like it, I loved it. I would of course recommend it to others because I want people to have more control and a better mindset so they can focus on what bad and shift into how to find good in certain habits and how to find bad in other habits.

Anything else that you would like to add to this review? What made you choose it? Did you like the cover? Was it recommended to you? Did you find it at the library?

In the book there are a ton of diagrams and links that provide journals, habit sheets, and much more that can help people on their journey to creating good habits called atomichabits.com. I bought this book digitally but I recommend buying a hardcover or paperback book because I want people to step away from technology as that could be a bad habit.