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sacrificing everything we care about along the way. By this definition, Atul Gawande seemed to have things pretty well figured out. A few days later, he responded to my email with his regrets.

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Smarter Faster Better by Charles Duhigg explores 8 different concepts and how they can make a difference to your life. Outlining the 'secrets' to being more productive by starting with motivation, focus, teamwork, goal setting, managing others, making decisions, innovation and finally, absorbing information.

Smarter Faster Better by Charles Duhigg | Book Summary & PDF

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The fitness and life lessons Ferguson learned in prison are packed into his new book, Stronger, Faster Smarter: A Guide to Your Most Powerful Body, out from Penguin books on January 2.

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Stronger faster smarter a guide to your most powerful

After a decade behind bars for a murder he did not commit, Ryan Ferguson learned that physical strength and confidence are keys to survival " he now shares his strength secrets in Stronger, Faster, Smarter--the smartest, realest, and most doable fitness guide you'll ever read. To ask other ...

Stronger, Faster, Smarter: A Guide to Your Most Powerful

This is a book summary of Smarter Faster Better by Charles Duhigg. Read this Smarter Faster Better summary to review key takeaways from the book.

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