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Breaking - Wikipedia -

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Habit 2: Begin With the End in Mind - Butterfield Canyon -

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Best Summary + PDF: The Power of Habit, by Charles Duhigg -

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Habit - Wikipedia -

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How to Break a Bad Habit (and Replace It With a Good One) -

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Habit List - Productivity501 -

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ACTION PLAN GUIDE - Shawn Achor -

- Source: Davidson et al., "Nurse suicide: Breaking the silence,"