



# Making Habits, Breaking Habits: Why We Do Things, Why We Don't, and How to Make Any Change Stick

By Jeremy Dean

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At least one third of our waking hours are lived on autopilot. But habits of the mind do not have to control us—we can steer them. Drawing on the latest research, psychologist Jeremy Dean explains why seemingly easy habits can prove difficult to form and how to take charge of your brain's routines to make any change stick. *Making Habits, Breaking Habits* explains that it is possible to bend habits to your will—and become happier, more creative, and more productive.

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### Editorial Review

#### Review

##### **Curled Up with a Good Book, 1/6/13**

“Loaded with surprising information about the brain and human behavior, this book that lays out a strategy for taking charge of ourselves. We probably can't beat all our habits forever, but *Making Habits, Breaking Habits* offers a battle plan that allows us to know the enemy and sometimes evade it.”

##### **Philadelphia Tribune, 1/6/13**

“Dean busts the myths to finally explain why seemingly easy habits, like eating an apple a day, can be surprisingly difficult to form, and how to take charge of your brain's natural 'autopilot' to make any change stick...Witty and intriguing, *Making Habits, Breaking Habits* shows how behavior is more than just a product of what you think.”

##### **Spirituality & Practice, 1/15/13**

“[A] fascinating book...Dean demonstrates a knack for cutting through generalities and cutting to the heart of the matter. *Making Habits, Breaking Habits* will shed new light on your own private and public behavior and the many quests for change that you undertake in your everyday life.”

##### **VIVmag.com, 1/17/13**

“What really stands out in Dean's book...is the insight behind habits and their unconscious nature and often, their benefits...Full of anecdotes and interesting studies, *Making Habits, Breaking Habits* is an engaging read.”

##### **InfoDad.com, 1/17/13**

“Dean argues convincingly that habits are essentially automatic pilots...The prescriptive part of self-help books is where many of them fall down. Dean's is better than most...The book reads like one in which Dean primarily shares his own fascination with a variety of research projects of various kinds, pausing occasionally to relate this study or that back to the whole issue of forming and changing habits. And there is nothing wrong with being a bit discursive, especially when the underlying material is as interesting as much of it is here.”

##### **DaySpa, January 2013**

“Analyzes the phenomenon of habits, and breaks them down so they can be fully understood—and ultimately managed.”

##### **Truth, January 2013**

“Dean helps you understand the psychology behind your habits—both good and bad—and gives you the information you need to kick a bad habit and finally keep your New Year's resolution.”

##### **Bookviews.com, February 2013**

“This is serious psychology and an often fascinating look at the way habits are formed, reinforced, and strengthened throughout our lives...Smoking, drinking, and comparable bad behaviors can be changed and this book can help anyone seeking to make that change.”

##### **ForeWord Brain Pickings, 1/5/14**

"Remarkably insightful and functionally helpful in its entirety."

***The Bookseller, "Editor's Pick," 10/12/12***

"Sensible and very readable...By far the most useful of this month's New You offerings."

***Kirkus Reviews, 1/1/13***

"Making changes does take longer than we may expect—no 30-day, 30-pounds-lighter quick fix—but by following the guidelines laid out by Dean, readers have a decent chance at establishing fulfilling, new patterns."

***Publishers Weekly, 12/10/12***

"An accessible and informative guide for readers to take control of their lives."

**"Bookworm Sez" syndicated review**

"By helping us understand what makes us tick and why, author Jeremy Dean avoids platitudes and misty advice to give his readers the tools they need to stop being frustrated by change and lack thereof. He advocates patience and dispels a lot of myths about why we do the things we do (or don't), explaining why our willpower fails us or why we find some habits easy to make. That's helpful, and could make a fix that sticks...This book...would be advantageous to anyone who's serious about changing behavior."

**About the Author**

Psychologist **Jeremy Dean** is the founder and author of the popular website "PsyBlog" ([psyblog.co.uk](http://psyblog.co.uk)), which is viewed by upwards of 1 million readers monthly. The site analyses—with wit, clarity, and erudition—psychological studies that are relevant to everyday life. Dean launched PsyBlog in 2004, when he noticed a dearth of smart, readable news for those who like psychological insights backed up by science. Read the world over, the site has been featured in *BBC News*, *The New York Times*, *The Los Angeles Times*, *NPR*, *The Guardian*, and *The London Times*. He lives in London.

**Users Review**

**From reader reviews:**

**Lisa Streeter:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could be reading a book may be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the e-book untitled *Making Habits, Breaking Habits: Why We Do Things, Why We Don't, and How to Make Any Change Stick* can be fine book to read. May be it can be best activity to you.

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Reading can called head hangout, why? Because while you are reading a book specifically book entitled *Making Habits, Breaking Habits: Why We Do Things, Why We Don't, and How to Make Any Change Stick*

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**Coleen Faircloth:**

Within this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple solution to have that. What you have to do is just spending your time not very much but quite enough to have a look at some books. Among the books in the top list in your reading list is usually Making Habits, Breaking Habits: Why We Do Things, Why We Don't, and How to Make Any Change Stick. This book and that is qualified as The Hungry Mountains can get you closer in getting precious person. By looking upward and review this publication you can get many advantages.

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