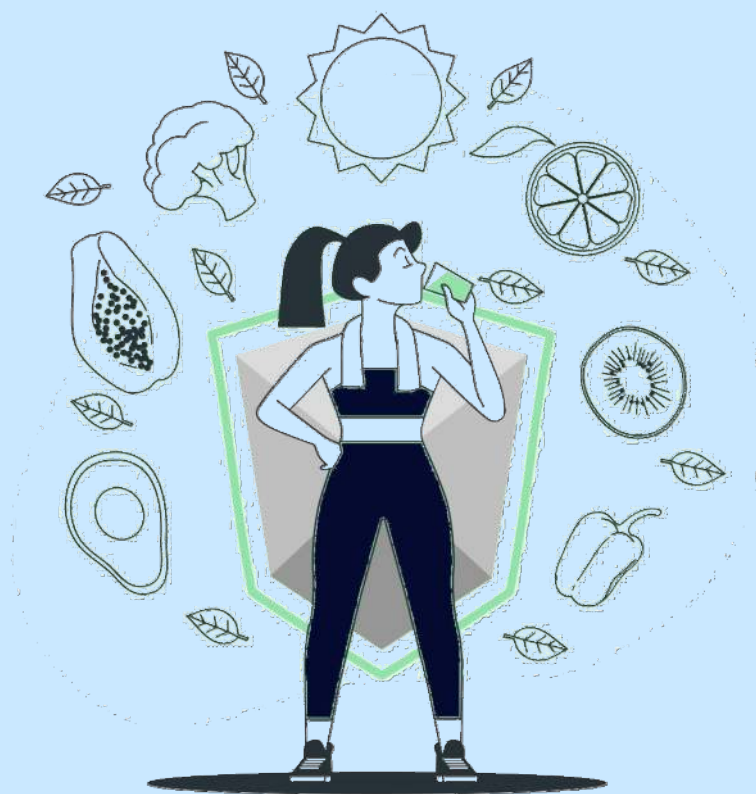


THE 7 BEST  
HABIT  
BOOKS



NIKLAS GÖKE

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**Habits. Such a simple yet powerful word. It contains all the behaviors we perform without giving them too much thought. Our actions and decisions, all mixed in a specific ritual.**

The most interesting part about habits is how different they all are for every single one of us. Habits can refer to anything; from reaching for your toothpaste and toothbrush each morning to what you eat for breakfast, lunch, or dinner.

Forming a **specific habit** means associating a **specific thing** or **action** with another one. Making the right associations can drastically improve your life from all perspectives: work, psychology, health, and even money.

Here at **Four Minute Books**, we've summarized over **900 books**. It's quite a number, and it has provided us with a bit of knowledge regarding habits. We've discovered **the best books** on *creating better habits, breaking bad ones*, and even using the *concept of habits itself to your advantage*. If you manage them well, your habits will guide you to success and happiness – seemingly on autopilot!

If you want to dive into the world of habits, regardless of the field, consider the following **7 books**. We've sorted them by various categories. Each section includes our **favorite quote, a one-sentence-summary** of the book, and **three key takeaways**. As a bonus, you can also find some reasons why you might want to read the book. The clickable table of contents below will allow you to jump to any of the books or categories.

Without further ado, let's jump into **the 7 best habit books** of all time!

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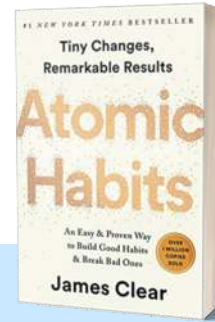
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# 01 ATOMIC HABITS

by James Clear



## FAVORITE QUOTE

*"Habits are the compound interest of self-improvement."* — **James Clear**

## THE BOOK IN ONE SENTENCE

*Atomic Habits* is the definitive guide to breaking bad behaviors and adopting good ones in four steps, showing you how small, incremental, everyday routines compound into massive, positive change over time.

## WHY SHOULD YOU READ IT?

You want to be better, but you don't know where to start. Can you think of any good habits you might want to form and any bad habits you might want to get rid of? If the answer is yes, then this book is the right one for you, as it contains quite an impressive number of both examples and steps you can take when it comes to building habits. Giving even that 1% each day is important, or at least that's what James tells us. And it doesn't matter if we're talking about reducing stress, losing weight, or winning a championship – Atomic Habits is the solution that will answer all of your questions.

## KEY TAKEAWAYS

1. Every time we perform a habit, we execute a four-step pattern: cue, craving, response, reward.
2. If we want to form new habits, we should make them obvious, attractive, easy, and satisfying.
3. You can use a habit tracker as a fun way to measure your progress and make sure you don't fall off the wagon.

If you want to learn more, you can read our free four-minute summary.

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# 02 BETTER THAN BEFORE

by Gretchen Rubin



## FAVORITE QUOTE

*“What you do every day matters more than what you do once in a while.”*  
— **Gretchen Rubin**

## THE BOOK IN ONE SENTENCE

*Better Than Before* breaks down the latest research on how to break bad habits and develop good ones, in order to help you find your habit tendency and give you a few simple tools to start improving your own habits.

## WHY SHOULD YOU READ IT?

Nowadays, one of the most asked questions is related to change. And this New York Times bestseller is trying to answer that exact question with a very simple answer. The way in which we spend our time basically dictates how our lives flow.

And maybe even those daily habits you might not necessarily take into consideration have a bigger impact than you might think. If you need doable approaches or concepts that can take you a long way, this book can help you achieve that.

## KEY TAKEAWAYS

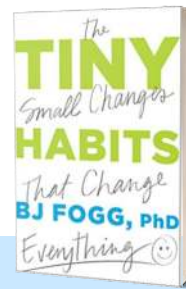
1. There are 4 different habit tendencies: Upholder, Questioner, Obliger, and Rebel.
2. Track and plan your habits with two simple tools to make sure you follow through: a calendar and a habit tracker.
3. Make good habits easy to do and bad ones unattractive.

If you want to learn more, you can read our free four-minute summary.

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# 03 TINY HABITS

by B.J. Fogg



## FAVORITE QUOTE

*"After you put your feet on the floor in the morning, immediately say this phrase, 'It's going to be a great day.' As you say these seven words, try to feel optimistic and positive." — B.J. Fogg*

## THE BOOK IN ONE SENTENCE

*Tiny Habits shows you the power of applying small changes to your routine to unleash the full power that habits have to make your life better.*

## WHY SHOULD YOU READ IT?

Times sometimes get really chaotic and have a greater effect than imagined on us. And at one point, we can all agree that change is not the easiest process out there, as it has a lot of elements that form it.

The world's leading expert B.J. Fogg agrees with this idea, which is why the main focus is on breaking a "habit" into a set of "little habits", which can allow you to make small, but sure changes. If taking things step by step is your way to go, then this book should be all yours.

## KEY TAKEAWAYS

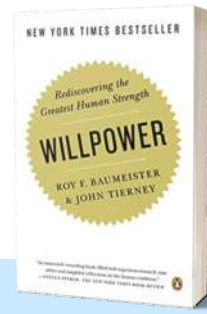
- 1. Starting embarrassingly small is the secret to keep you going through the boring days and beyond to finally reach your goals.*
- 2. Motivation doesn't work for long-term growth, you need to tap into the potential of behavior.*
- 3. To unlock the power of action, connect your habits with prompts that are already in your daily routine.*

If you want to learn more, you can read our free four-minute summary.

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# 04 WILLPOWER

by Roy Baumeister



## FAVORITE QUOTE

*"For most of us, the problem is not a lack of goals but rather too many of them"*  
— Roy Baumeister

## THE BOOK IN ONE SENTENCE

*Willpower is a blend of practical tips and the latest scientific research on self-control, explaining how willpower works, what you can do to improve it, how to optimize it and which steps to take when it fails you.*

## WHY SHOULD YOU READ IT?

Roy F. Baumeister, an influential psychologist, teamed up with a science writer, John Tierney, in the writing of this book. And what did they find out? That self-control might be a well-kept secret for a better and successful life and that this secret can be easily mastered.

This book is filled with tips and different techniques that can help you build a better life, without using too much magic.

## KEY TAKEAWAYS

1. *Your willpower works like a muscle – if you exercise it too much, it gets worn out.*
2. *Willpower begets willpower, so you can train it by using it.*
3. *Set compatible and clear goals, but leave leeway for your willpower.*

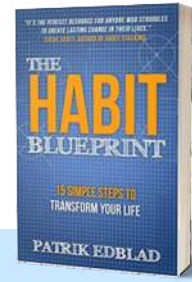
If you want to learn more, you can read our free four-minute summary.



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# 05 THE HABIT BLUEPRINT

by Patrik Edblad



## FAVORITE QUOTE

*“Since you’re the biggest expert in the world on your behavior, I encourage you to take on the roles of both scientist and subject from this point forward. Let life become your experiment and the world your lab.” — Patrik Edblad*

## THE BOOK IN ONE SENTENCE

*The Habit Blueprint strips down behavior change to its very core, giving you the ultimate, research-backed recipe for cultivating the habits you desire, with plenty of backup steps you can take to maximize your chances of success.*

## WHY SHOULD YOU READ IT?

If you consider yourself the type of person that really needs a “how-to” kind of strategy, then this is the book for you. Times change and so do people, but in order to keep things running smoothly, people need to decide that they want to change and actually start doing it.

Which can become overwhelming at times. Written by a certified mental trainer, this book is a quick and easy read that will determine you to actually jump from thought to action.

## KEY TAKEAWAYS

1. *Get a head start on your habit changes by picking a keystone habit first.*
2. *Avoid fluctuating willpower by starting ridiculously small.*
3. *Use the sunk cost fallacy to your advantage by building a chain of check-ins.*

If you want to learn more, you can read our free four-minute summary.

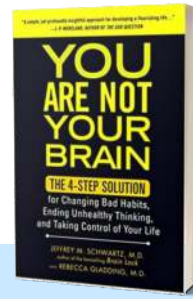


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# 06 YOU ARE NOT YOUR BRAIN

by Jeffrey M. Schwartz



## FAVORITE QUOTE

*"Your mind is your biggest ally"*  
— Jeffrey M. Schwartz

## THE BOOK IN ONE SENTENCE

*You Are Not Your Brain* educates you about the science behind bad habits and breaking them, giving you an actionable 4-step framework you can use to stop listening to your brain's deceptive messages.

## WHY SHOULD YOU READ IT?

This 4 – Step Method book, written by two neuroscience experts can help you change those bad habits once and for all. More and more people seem to dive into an unhealthy way of thinking, which affects them from every perspective. But this can be overcome, as it is explained in this book.

Your brain might push you into thinking in a certain way, but your mind can become your biggest ally against destructive thoughts or actions.

## KEY TAKEAWAYS

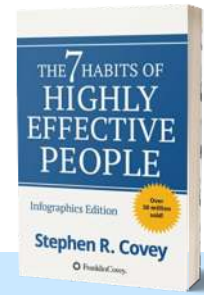
1. *Self-directed neuroplasticity is your go-to weapon to change your habits.*
2. *Hebb's law and the quantum zeno effect.*
3. *There are 4 steps you can take to break a bad habit.*

If you want to learn more, you can read our free four-minute summary.

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# 07 THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

by Stephen R. Covey



## FAVORITE QUOTE

*"The main thing is to keep the main thing the main thing."*  
— **Stephen R. Covey**

## THE BOOK IN ONE SENTENCE

*The 7 Habits Of Highly Effective People teaches you both personal and professional effectiveness by changing your view of how the world works and giving you 7 habits, which, if adopted well, will lead you to immense success.*

## WHY SHOULD YOU READ IT?

Life can sometimes become a rollercoaster and the simplest things tend to be overlooked. Things seem complicated when they are really not. And that is exactly what Stephen is telling us: the basic things might just be our key to success. Just to get you hooked on the book, I will give you one spoiler: prioritization is crucial.

Sounds complicated, right? You might want to read the book to see how easy it actually is!

## KEY TAKEAWAYS

1. *Do the funeral test.*
2. *Learn how to say no.*
3. *Practice active listening.*

If you want to learn more, you can read our free four-minute summary.

» [Read on Four Minute Books](#)

# CONCLUSION

*So far, we have summarized over **900** books. Quite a few of them are about habits and how they affect our lives. We believe these are the best books about habits that you can read this year.*

*We all have a desire to live better, but, often, our busy schedules and thinking patterns get in the way. Mastering self-control, understanding our habits, and starting with simple steps are just a few of many tips these books have for us. Figuring out which ones work for you will lead you to a calmer, better life.*

***Habits define us - but we can also define them. What's your habit of choice today?***