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Want to change your bad habits? The Power of Habit explains why habits exist and how to change them. Read the best summary PDF of Duhigg's book here.

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

Ferdinand Emmanuel Edralin Marcos Sr. (September 11, 1917 – September 28, 1989) was a Filipino politician and kleptocrat who was the tenth President of the Philippines from 1965 to 1986. A leading member of the far-right New Society Movement, he ruled as a dictator under martial law from 1972 until 1981. His regime was infamous for its corruption, extravagance, and brutality.

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