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The Power of Habit by Charles Duhigg | Book Summary & PDF

Habit is equivalent to habitus in some applications in biology; the term refers variously to aspects of behaviour or structure, as follows: . In zoology (particularly in ethology), habit usually refers to aspects of more or less predictable behaviour, instinctive or otherwise, though it also has broader application. Habitus refers to the characteristic form or morphology of a species.

Habit (biology) - Wikipedia

Formation. Habit formation is the process by which a behavior, through regular repetition, becomes automatic or habitual. This is modelled as an increase in automaticity with number of repetitions up to an asymptote. This process of habit formation can be slow.

Habit - Wikipedia

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