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## **Atomic Habits by James Clear | Audiobook | Audible.com**

“An atomic habit is a little habit that is part of a larger system. Just as atoms are the building blocks of molecules, atomic habits are the building blocks of

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remarkable results.” “If you want better results, then forget about setting goals. Focus on your system instead.”

**Book Summary: Atomic Habits by James Clear | Sam Thomas Davies**  
2018 Session | Atomic Habits: Tiny Changes, Remarkable Results If you're having trouble changing your habits, the

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problem isn't you - the problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change.

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"Just as atoms are the building blocks of

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molecules, atomic habits are the building blocks of remarkable results.”  
“This is the meaning of the phrase atomic habits—a regular practice or routine that is not only small and easy to do, but also the source of incredible power; a component of the system of compound growth.”

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Achieve Remarkable Results with Atomic Habits Bad habits repeat themselves not because you don't want to change but because you have the wrong system for

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change. This is a core philosophy of James Clear's Atomic Habits — you do not rise to the level of your goals, you fall to the level of your systems.

## **ProService Growth Series**

Author: James Clear  
Category: Health, Fitness & Dieting  
File size: 6,782 KB  
File size: 319 pages  
Language:

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## Tiny Changes Remarkable Results

The essence of Clear's concept is that small (atomic) habits produce remarkable changes over time: The compounding effect of positive habits is an ongoing theme. He also believes that while goals are useful in providing direction, it is the system, or your collection of habits, that will drive progress: "You do not rise to the level of

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