New?Why is it So Hard to Build Permanent Habits – Most habits are meta-stable, meaning they can persist, but will fall apart if there's enough disruption.This explains why our habits rarely last forever and also what steps we can take to ensure their longevity.Unraveling the Enigma of Reason – Reason is what separates us from the animals.Strangely Useful Career Advice – If you're a writer, don't start ?writing.But what if you're an engineer?Accountant

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