



# How The Book of **A T O M I C H A B I T S** Changes Its Readers' Life

Summary of A T O M I C H A B I T S

Analyzing The Mentality of English-speaking Readers  
Before and After Reading A T O M I C H A B I T S

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Based on the book by James Clear



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## **A Tribute to James Clear**

Sometimes the turning point in human life is a person. Sometimes a poem, sometimes an idea, and sometimes a book. A book whose words put a value on every atom of millions of lives. A book that sprinkles white color on the lives of its readers from the heart of black words. **ATOMIC HABITS** written by James Clear affects the atoms of the readers' life by providing practical solutions to build good habits and break bad ones. Undoubtedly, a masterpiece that aims to improve the lives of its readers directly deserves to be analyzed from different scientific viewpoints such as psychology, sociology, cognition, and linguistics. Therefore, as a member of the cognitive linguistics community, I intend to pay tribute to James Clear by analyzing the **ATOMIC HABITS** masterpiece from the viewpoint of cognitive linguistics.

Mitra Farahani; Cognitive linguist

## Summary of *ATOMIC HABITS*

### James Clear's Story

James was hit by a baseball bat when he was in his last year of high school. The baseball bat hit his face so speedy that it broke his nose. The fracture started affecting his mind as well. His skull suffered several cracks. His eyeball was protruding from the socket. After undergoing medical treatment and regaining his smell and sight senses, he decided to become a great baseball player. He still believed that he could become a great player. He developed these atomic habits to achieve his dream, feel confident and control his life: sleep regulation and self-discipline. These little habits turned him from a failed player to the best player at Denison University.

So, develop your potential. If you change your habits, anything is possible. Each atomic habit leads to a tremendous result. If a pilot tilts the plane 3.5 degrees to the south, he will go to Washington instead of New York.

### Forget The Goals! Instead, Focus on Your Habits!

What is the difference between habits and goals? Goals are related to the results you want to achieve, but system of habits are the processes that lead to the goals.

If you are a coach, your goal may be to win a race, but your habits are training players, managing assistants, and running exercises. If you are an entrepreneur, your goal may be to have a million-dollar business. Your habits can be the way to test product ideas, select employees and manage marketing campaigns. The goal of any sport is to finish a match with the best score. But a ridiculous situation will occur if you, as a coach, keep your eyes on the scoreboard during the entire competition instead of analyzing the techniques and tactics of the players. The same example applies to different areas of life. So, if you aim to produce better results, you should forget to set goals. Focus on the habits instead.

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