

Book Overview — Atomic Habits

Author: James Clear

Genre: Non-fiction / Self-help / Behavioural Psychology

Started: 2025-01-01

Status: In progress

What This Book Is About

Atomic Habits argues that small, incremental improvements — “atomic” habits — compound over time to produce remarkable results. James Clear draws on neuroscience, psychology, and real-world case studies to present a practical framework for building good habits and breaking bad ones. The core model is the **Four Laws of Behaviour Change**: make it obvious, make it attractive, make it easy, and make it satisfying.

Why Read It

The book is aimed at anyone who wants to understand the mechanics of habit formation and use that understanding to change their behaviour systematically — without relying on motivation or willpower alone.

Chapters Processed

- [] Chapter 1 — The Surprising Power of Tiny Habits
- [] Chapter 2 — How Your Habits Shape Your Identity (and Vice Versa)
- [] Chapter 3 — How to Build Better Habits in 4 Simple Steps
- (continue adding as you read)

Reader's Goals

What do you hope to get from this book? (Fill in yourself)