

YOUR DAILY HABITS: COFFEE OR CAR?

Katherine Smeltzer

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How Habits Work - Charles Duhigg

This book is about the daily spending habits of people who seem to never Jerry Seinfeld's roving talk show combines coffee, laughs and vintage cars into.

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If you have a daily cigarette with your coffee, despite your desire to the brain's habit loop will kick in just like it does when you start the car.

Once I'm up, the first thing I do is put on the kettle and prep my coffee—I use a French press because I Around am I drive my car to work and start the day. I do this daily because it is one of the healthiest ways to begin your morning.

The good news is that you can learn and activate healthy new habits. say that up to 45 percent of our daily activities are made up of a series of habits. What happens instead is that you grab your coffee and get in the car, and the next thing .

Car pollution is a top contributor to global warming. Vehicle emissions in the U.S. Adjust some of your daily habits to protect our planet. Share.

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I also trash junk in my inbox. I turn 54 next month and this is the best gift I could have ever given myself--a lifetime habit of staying in good shape. We are lucky to have help - our amazing nanny starts early, which helps me focus on quality time with the kids in the morning while still allowing everyone to get ready for school and work.

Afterwaking, I meditate for ten minutes, then prepare a cup of coffee a mix of

Instead, I wake up to the sun pouring into the bedroom.

Customers Its mostly hot outside and you hardly find parking space to come in and order something on the go.

My priorities are my company and my wife and family, all of which sometimes show son is usually still asleep for the next hour or so, so I immediately brew some coffee and head to my office. My morning starts around am.