but a habit.” On the most basic level, a habit is a simple neurological loop: there is a cue (my mouth feels gross), a routine (hello, Crest), and a reward (ahhh, minty)

- Merrie Bergmann 2008-07-30 This leading text for symbolic or formal logic courses presents all techniques and concepts with clear, comprehensive

- Charles Duhigg 2012-02-28 Groundbreaking new research shows that by grabbing hold of the three-step “loop” all habits form in our brains—cue, routine, and reward. By forming useful habits and breaking bad ones, we can take control of our lives.

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- Critical Thinking

- Tony Buzan 2013-05-01 In this book, Tony Buzan shows you how to use your head so that you can get the most out of your brain, whatever its “default setting.”

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