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Here, he brings the rarefied, invisible realm of atoms to life with surpassing elegance and verve, vividly tracing the circuitous paths by which hydrogen, oxygen, carbon, and other elements make their way from outer to inner space.

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Your Atomic Self: The Invisible Elements That Connect You to Everything Else in the Universe (EXCERPT) 10/22/2014 07:47 pm ET Updated Dec 06, 2017. One can only wonder how Albert Einstein might have wrestled with the still-open question of how inanimate atoms produce life. He freely acknowledged the limitations of human understanding, including his own, and in July 1945, he wrote, "We have to admire in humility the beautiful harmony of the structure of this world — as far as we can grasp it.

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In Your Atomic Self, scientist Curt Stager reveals how they connect you to some of the most amazing things in the universe. You will follow your oxygen atoms through fire and water and from forests to your fingernails. Hydrogen atoms will wriggle into your hair and betray where you live and what you have been drinking.

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"We humans may think of ourselves as solid objects, all flesh and bone.

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“Prime your environment to make future actions easier.” Chapter 13: How to Stop Procrastinating by Using the Two-Minute Rule. Every day, there are a handful of moments that deliver an outsized impact. James refers to these little choices as “decisive moments.” “Decisive moments set the

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options available to your future self.”

Book Summary: Atomic Habits by James Clear | Sam Thomas Davies

Conversely, do the opposite for bad habits. Make them invisible, unattractive, difficult, and unsatisfying. For example, you could hide your cigarettes, add financial penalties, get rid of all lighters, and only allow yourself to smoke outside in the cold. Lesson 3: A habit tracker is a fun and easy way to ensure you stick to your new behaviors.

Atomic Habits Summary + PDF | James Clear - Four Minute Books

An “atomic field guide to yourself” and your surroundings. Stager (Biology/Paul Smith’s Coll.; Deep Future: The Next 100,000 Years of Life on Earth, 2011, etc.) takes us on a restless, rangy tour of the hidden connections “that physically link our bodies as well as our very thoughts and feelings to the atoms of the earth.”

YOUR ATOMIC SELF by Curt Stager | Kirkus Reviews

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