



One of the most accessible and useful books about habits that I have read. - Amazon Reviewer
In *Boost*, a tech entrepreneur teaches you how to create good habits using psychology and technology. You'll read dozens of fascinating stories, from the 13-year-old girl who landed a clothing line at Nordstrom to the little-known origins of the 20th century's most famous Paul McCartney melody. Along the way, take a look at compelling psychological research to learn why charitable people live longer, why you're likely to fail when your willpower is strongest, and much more. The book is simple, direct, and contains valuable insights about creating habits. Each section ends with actionable tasks you can do to apply the principles from the book. Become familiar with the latest habit-forming technology and the psychological principles behind it, on your way to achieving your own good habits.

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