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# **Your Atomic Self The Invisible Elements That Connect You To Everything Else In The Universe**

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“We have to admire in humility the beautiful harmony of the structure of this world — as far as we can grasp it. Your Atomic Self: The Invisible Elements That Connect You ... 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. Your Atomic Self: The Invisible Elements That Connect You ... Your Atomic Self: The Invisible Elements That Connect You to Everything Else in the Universe by Curt Stager 147 ratings, 4.22 average rating, 26

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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 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

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