

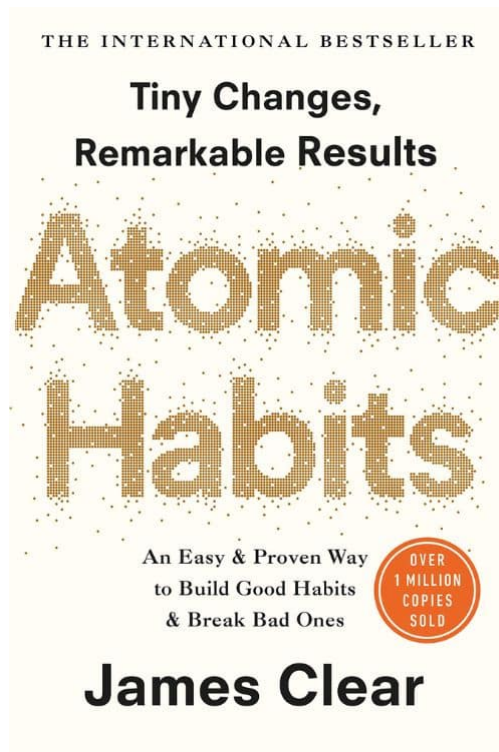


In today's world, it is hard to even form a good habit as we are all surrounded by more distractions than people. We know that baby steps are important to achieve something good. Similarly, small changes and habits can take a turn that can transform your life on a positive road and create a better future for us. In this article, we are going to read about 7 books on small changes that drive large results.

7 Books on Small Changes that Drive Large Results

1. Atomic Habits by James Clear
2. Mini Habits by Stephen Guise
3. The One Thing by Gary Keller
4. Willpower by Roy F. Baumeister
5. Eat Move Sleep by Tom Rath
6. Make Your Bed by William H. McRaven
7. The Miracle Morning by Hal Elrod

Atomic Habits by James Clear

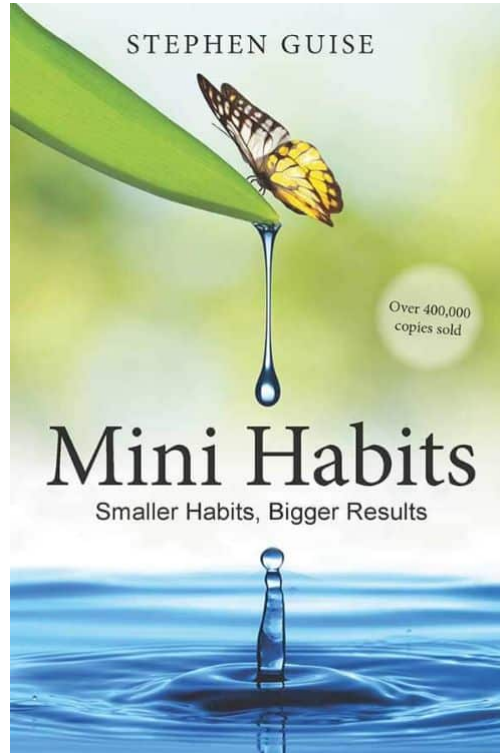


*7 Books on Small Changes that Drive Large Results - **Atomic Habits by James Clear***

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One of the most popular self-help books in recent years, Atomic Habits provides a proven structure so that you can improve every day. James Clear is one of the world's leading experts on habit formation. He reveals strategies and tips that will teach you how to form good habits and break bad ones. If you are someone who is having issues with altering your habits, the problem is your system. Bad habits tend to repeat because your system is wrong. From this book, you will learn how to make time for new habits, design your environment to make accomplishment easier, overcome lack of willpower and motivation, get back on track, and more.

Mini Habits by Stephen Guise

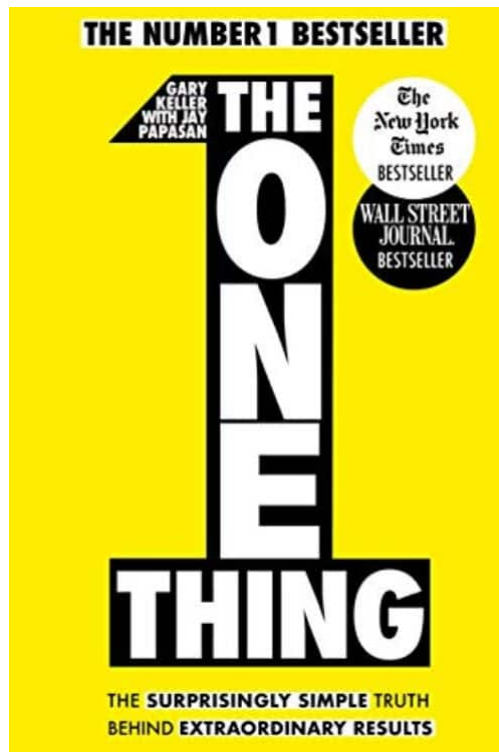


Mini Habits by Stephen Guise

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Stephen Guise experimented with personal development with her mini habits and come to realize that her prior habits were failures. The science in Mini Habits reveals the predictable inconsistent consequences of most accepted personal growth strategies and exposes why mini habits are reliable. A mini habit is a tiny positive behavior that you compel yourself every day. The nature of this habit is influential, weightless, and has a better habit-building strategy. People often believe that they are incapable of forming a lasting habit, however, the problem is the strategy, not them.

The One Thing by Gary Keller



7 Books on Small Changes that Drive Large Results - *The One Thing* by Gary Keller

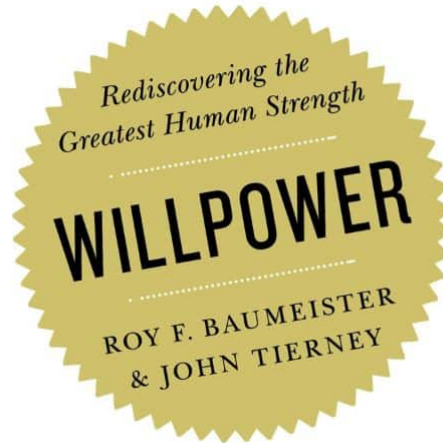
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The One Thing will help you achieve purpose, priority, and productivity in life. This book is full of powerful aspects that will influence you toward an optimistic life. It will help you learn that you should do fewer things with more effect rather than focusing on doing more things with side effects; everything does not deserve equal time; willpower is limited; become a person of powerful habits; multitasking does not work, and more.

Willpower by Roy F. Baumeister



NEW YORK TIMES BESTSELLER



"An immensely rewarding book, filled with ingenious research, wise advice and insightful reflections on the human condition."
—STEVEN PINKER, *THE NEW YORK TIMES BOOK REVIEW*

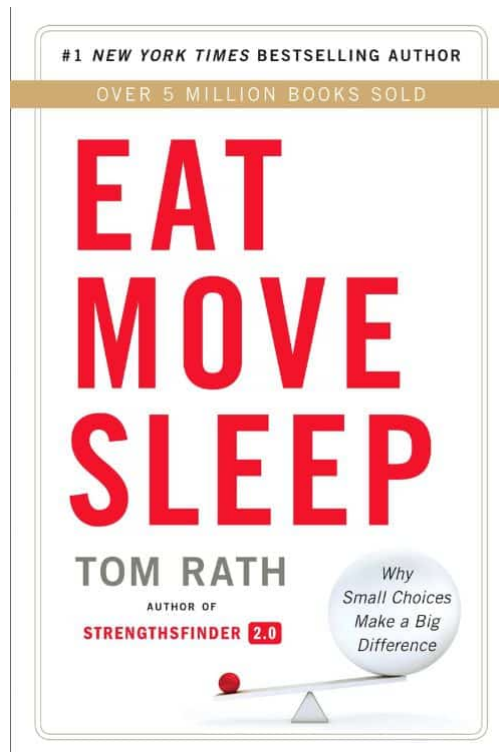


Willpower by Roy F. Baumeister

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Roy Baumeister's recent research shows that we spend about four hours daily in resisting temptation. Willpower looks at the lives of parents, entertainers, entrepreneurs, and artists including Eric Clapton, David Blaine, and others. All these people have thrived by improving their self-control. The lessons from their tales and psychologists' experiments can help anyone. You will learn how to build willpower and how to preserve it for vital moments by setting the right objectives.

Eat Move Sleep by Tom Rath

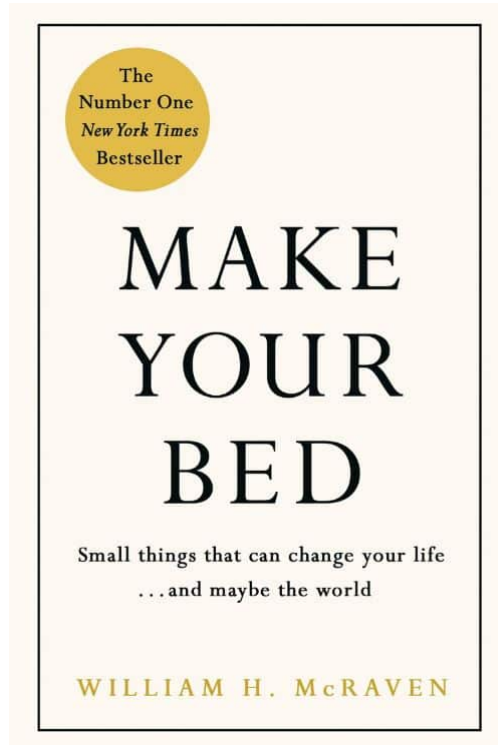


*7 Books on Small Changes that Drive Large Results - **Eat Move Sleep by Tom Rath***

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Tom Rath's books on well-being have inspired millions and *Eat Move Sleep* reveals his passion and skill. He has assembled a wide range of information on the impact of eating, moving, and sleeping. This book features practical and proven ideas from his research. *Eat Move Sleep* can be your new way to live. He offers advice that will make you comprehend how you can make better choices with every bite you take. This will make your move more than you do and sleep better than you ever have in years.

Make Your Bed by William H. McRaven

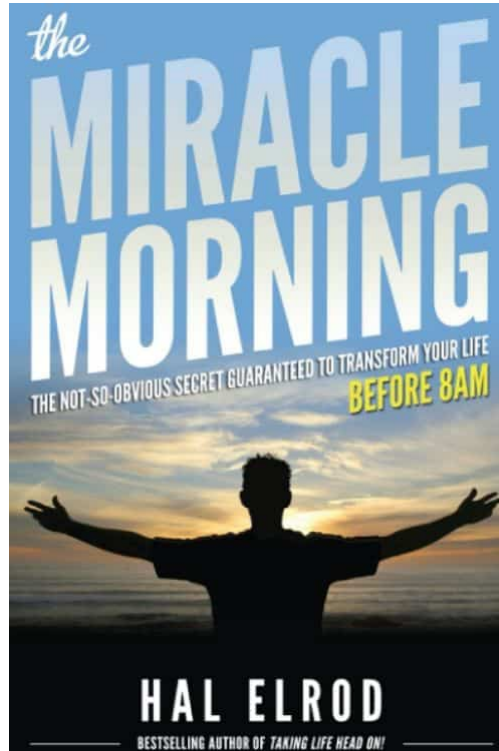


Make Your Bed by William H. McRaven

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In 2014, William McRaven addressed the graduating class of the University of Texas, Austin on their commencement day. He took inspiration from the university's slogan "What starts here changes the world". McRaven shared the ten principles he learned while his training days in Navy Seal that helped him triumph over challenges throughout his life. He explained how anyone can utilize these basic lessons to transform themselves and the world for the better.

The Miracle Morning by Hal Elrod



7 Books on Small Changes that Drive Large Results - ***The Miracle Morning*** by Hal Elrod

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What if you could wake up tomorrow and everything in your life was altered? Would your life be happier, healthier, less stressful, and have a better relationship? Which of your issues would be resolved? What if the secret is just a six-minute duration a day? Thousands of people around the world participate in this simple approach that can create the life you want. This has always been in front of our eyes, and this book has brought it to life. If you are willing to transform your life for a more positive life read *The Miracle Morning* by Hal Elrod.

Also Read: 10 Best Self-Help Books by Indian Authors