



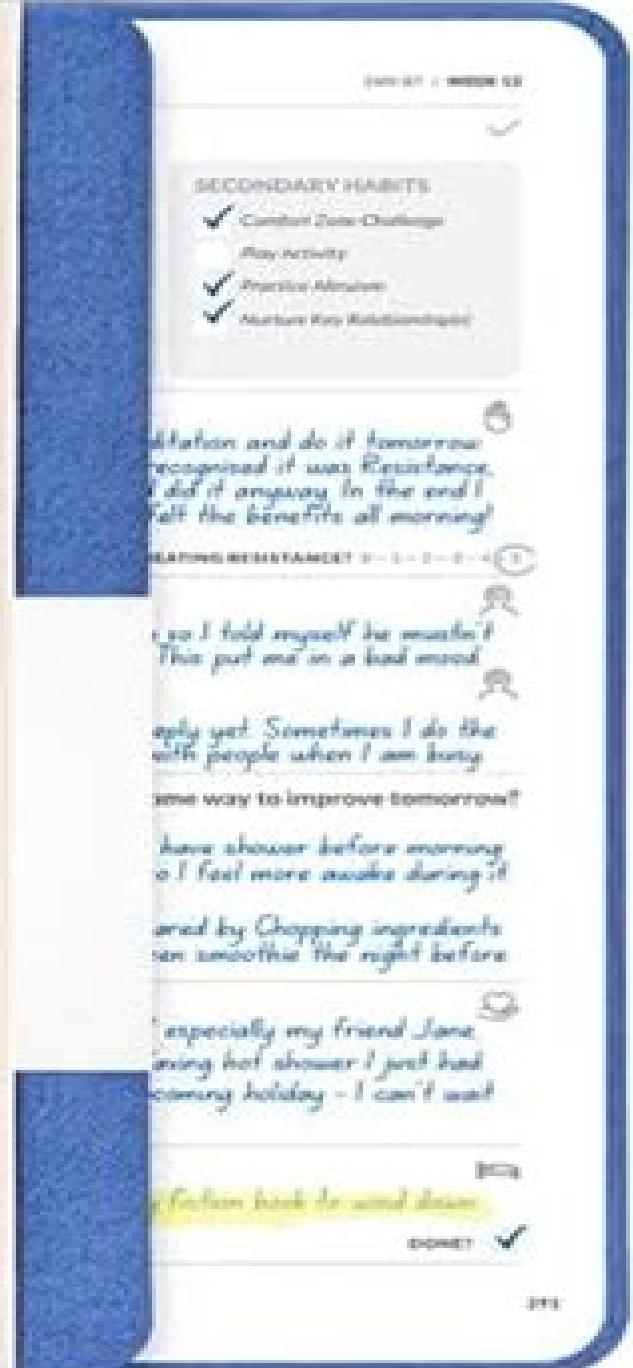
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Habit Building Planner Blueprint:

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Reward Blueprint: Design Habits That Stick Using the Science of Rewards Dr. Noah V.,2025-10-22 The Reward Blueprint is a practical guide to building habits that last by focusing on the science of rewards rather than just willpower Written by behavioral scientist Dr Noah V the book explains why traditional methods built on grit often fail using the author s own struggles with motivation as a starting point It delves into the neuroscience of dopamine the molecule of wanting and the Craving Loop Cue Routine Reward It then provides a blueprint for designing compelling habits offering strategies like the Two Minute Rule Habit Stacking Temptation Bundling and Identity Based Habits Ultimately the book is a roadmap to help readers stop punishing themselves and start rewarding their way to a better life **The Habit Blueprint** Barrett

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