

# Habit Stacking 97 Small Life Changes That Take Five Minutes Or Less

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called habit stacking can help you accomplish your goal faster I didn't know I was habit stacking, but according to SJ Scott's "Habit Stacking: 97 Small Life Changes That Take Five Minutes or Less" (see book review), that is exactly what I did The doctoral dissertation is a research paper It can take on several forms, but there are

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#### **Want to adopt a healthy new habit? 'Stack' it**

In his e-book Habit Stacking: 97 Small Life Changes that Take Five Minutes or Less, he suggests stacking up to seven quick habits at a time for maximum effect That's what I tried (My verdict: It worked ... for one day) Though my efforts to speak with Scott were unsuccessful (perhaps because he was busy with 97 other things), I

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**James Altucher: This is James Altucher with the James ...**

James Altucher: Yeah, yeah It's that last one about - yeah, Habit Stacking: 97 Small Life Changes that Take Five Minutes or Less, which I've read, by the way I couldn't remember the title of it just now, but I have read the book So that one's been doing better than mine this month Also you've been doing very well with Twenty

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