



Reader Of the Month – October – 2023

In the month of October 2023, Mr. Nimesh Kumar has been selected as the **Reader of the Month** for his enthusiastic engagement with the book "**Atomic Habits**" authored by **James Clear**.

"Atomic Habits" by James Clear is a renowned self-help book that delves into the science of habit formation and provides practical strategies for achieving lasting, positive change in one's life. Clear's book has been celebrated for its engaging narrative, well-researched content, and actionable advice on transforming habits into a force for improvement. **This breakthrough book is the most comprehensive guide on how to change your habits and get 1% better every day.**

Key Points Addressed:

- Habit stacking as an effective strategy for incorporating positive changes into one's daily routine.
- Small habits make a big difference
- Focus on the system
- Build Identity based habits
- Clear and concise communication of ideas makes complex concepts accessible and relatable.

ADANI PUBLIC SCHOOL, MUNDRA
(CBSE Affiliation No. 430044)

Reader of the Month

October 2023

Nimesh Kumar

THE INTERNATIONAL BESTSELLER
Tiny Changes,
Remarkable Results
Atomic Habits
An Easy & Proven Way
to Build Good Habits
& Break Bad Ones
James Clear

Atomic Habits