

Sameeksha - Book Review on the book "Atomic Habits"

1 message

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Mon, Feb 26, 2024 at 5:58 PM

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Sameeksha

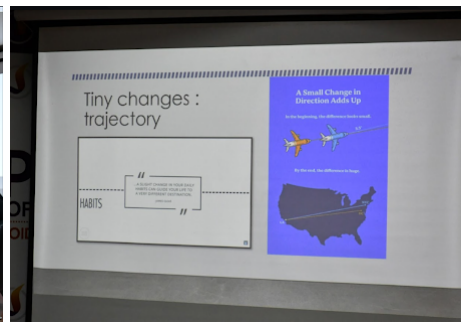
Book Review on the book "Atomic Habits"

Organized by

Jaipuria Institute of Management, Indore

Jaipuria Institute of Management Indore organized the first edition of a new endeavour "**Sameeksha**", the book review series, on **February 22, 2024**.

The Book Review was about '**Atomic Habits**', and the discussants talked about how our daily routines affect our lives, even the small things we do regularly. Three speakers from our group shared helpful tips on starting good habits and why taking that first step is so important.



Dr Vinayak Vishwakarma, Assistant Professor, Operations area, explained how our habits build up over time, like a **snowball effect**. He encouraged us to keep going, even if we don't see immediate results. He also talked about different topics like why having a routine is helpful, why we shouldn't judge others, and how our choices affect our lives because of something called the law of attraction.



Discussing strategies to cultivate **good habits**, the importance of **persistence**, and learning from **failures** offers practical advice that attendees can apply in their **personal** and **professional** lives. This kind of event not only broadens one's understanding of key concepts in personal development but also creates a community of learners committed to **self-improvement**.



Reflecting on the event, it truly was an engaging and inspiring experience. Each of us departed with a renewed sense of purpose and an eagerness to embark on our journeys of growth and improvement. The session served as a powerful reminder of the pivotal role our habits play in shaping our destinies, highlighting their potential to either propel us towards success or hold us back. It underscored the importance of mindful daily practices and the transformative power they hold, motivating us to take the steps necessary to cultivate positive changes in our lives.

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