

老師姓名	Ms. Jenny Lo
書籍名稱	“Atomic Habits”
作者/編者	James Clear
分享感言	<p>I recently read this book and I was utterly impressed and attracted by the concepts and theories introduced in the book. It's a wonderful, easy-to-understand yet practical book that will change your life forever. By making some tiny, little changes and forming good habits in life, it will slowly and gradually take you towards your goals and be successful in life. In the book James Clear, the author, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.</p> <p>If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights.</p>

I enjoy reading this book because it changes my perception in the way I think about progress and success. Furthermore, it provides me with the essential tools and strategies I need to transform my old, bad habits and be a better version of myself every day. I strongly recommend this book to everyone especially teenage students and I promise this book can make a long-lasting and profound impact on your life!

